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Never. Forget

▶ Tabitha, 4, holds up a wreath she made that was given to a veteran on Wednesday. She presented her Remembrance Day wreath at the Deer Lodge Centre on Portage Avenue while on a trip with her class from Horizon's Children's Centre.

ELISHA DACEY/METRO

A day to remember

Remembrance Day ceremonies are being held at most schools on Thursday and at various places around Winnipeg on Friday. **See pages 6-10 for more coverage.**

Judge apologizes for remarks in sex-assault case

Justice Robert Dewar's comments ignited public outcry, protests

JAMES TURNER
@METRONEWS.CA

A Court of Queen's Bench Justice who ignited a firestorm of criticism over comments he made during a rape sentencing has apologized and acknowledged his choice of words was "traumatic" for sexual-assault victims.

However, an investigation into complaints made to the Canadian Judicial Council (CJC) regarding the conduct of Justice Robert Dewar has found the situation was an "isolated event" and doesn't require removing him from the bench.

Dewar was heavily criticized after handing a conditional sentence to Kenneth Rhodes for sexual assault earlier this year.

In his decision, Dewar made controversial comments about the victim's attire, saying "sex was in the air" on the night she was attacked near Thompson, Man. He also referred to Rhodes as a "clumsy Don Juan."

JAMES TURNER/METRO FILE

▶ Justice Robert Dewar will see no disciplinary action.

The CJC released its findings from the investigation Wednesday.

The council said Dewar responded to the review by apologizing to Rhodes' victim about his choice of words and "the hurt she must have experienced."

"In his desire to approach social justice issues with greater sensitivity in the future, Justice Dewar met with an expert on gender equality," a CJC statement said.

"He is pursuing further professional development in this area as part of his commitment to become a better judge."

Neil Wittmann, chief justice of Alberta's Court of Queen's Bench, was tasked with reviewing the complaints. Wittmann said he accepted Dewar has "learned greatly" from the incident, but noted he showed "a clear lack of sensitivity towards victims of sexual assault."

Wittmann formally expressed his concern to Dewar about what he said, according to the CJC.

However, Dewar's full apology to the victim and "all those offended by his words," coupled with his steps toward a greater understanding of gender-equality issues, means no further action against the judge is necessary, the CJC said.

The Rhodes decision is currently under review by Manitoba's Court of Appeal.

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1 news

Quebec wants a Catholic congregation to add more money to an $18-million settlement accepted by 215 victims of sexual abuse. Scan code for the story.

To scan 2D barcodes in Metro, download the free ScanLife app at 2dscan.com.

On the web at metronews.ca

Buddy and Pedro, the Toronto Zoo's same-sex penguin pair, have become an online sensation. Watch a video at metronews.ca/video

Few signs in search for missing boaters

Search teams were scouring a northern Manitoba lake yesterday for three young people who disappeared after their boat became stuck in rapids.

Four people between 15 and 24 were on a five-metre-long boat that was travelling from Garden Hill First Nation to Wasagamack First Nation across Island Lake on the weekend. A winter storm passed through the area when the boat ended up in rapids. On Tuesday, searchers found a 21-year-old man on the shore. He has non-life-threatening injuries. There have been few signs of the other boaters. **THE CANADIAN PRESS**

ARVINDER SINGH RAI/CONTRIBUTED

▶ A local driver captured this image of smoke billowing out of the plant.

Mysterious factory fire

There were few details after a fire broke out yesterday at the Maple Leaf plant at Lagimodiere Boulevard and Marion Street. For the latest, visit metronews.ca/winnipeg.

METRO

Burned. Out

▶ Police believe two garage fires on Alfred Avenue in the city's North End, including this one in the 900 block of Alfred, were deliberately set at about 10:20 p.m. Tuesday. Anyone with information is asked to call the arson unit at 986-6813 or leave an anonymous tip through Crime Stoppers. The total damage for both blazes is estimated at $80,000.

JAMES TURNER/METRO

Arson suspected in double garage blazes

Odd talk in prison-death trial

Witness admits liking to watch people getting killed but only in movies

JAMES TURNER
@METRONEWS.CA

A Winnipeg jury hearing evidence in an ongoing prison-killing trial became spectators to a bizarre series of answers from a Crown witness and former Aryan gang associate toward a Jewish lawyer's questions.

The witness, Jonathan Bierens, was locked inside Stony Mountain Institution in 2005 when fellow inmate David Tavares was found beaten to death. He appeared in court this week to testify on behalf of the prosecution.

Four men tied to the Native Syndicate street gang are charged with Tavares' killing. Charles Coaster, Evan Myran, Alvin Cote and Victor Ryle have pleaded not guilty and are presumed innocent.

Under cross-examination from Ryle's defence lawyer, Martin Glazer, Bierens was asked to clarify what he knew about gangs and their operations.

Glazer, who wears a Yarmulke in court, made a comment about Bierens watching a TV mafia drama.

"I more watch German shows. Ya know — watching Jews get killed sometimes," Bierens replied.

> **"I like and hate everybody equally."**
> JONATHAN BIERENS, WITNESS

Earlier in his testimony Bierens had referred to Glazer as the "little guy with the hat," prompting a request from Glazer's law partner for more respect to be shown towards counsel in court.

"Are you an anti-Semite?" Glazer asked him.

"No, I'm not, sir. I'm a person with an opinion," Bierens replied.

Bierens has a history of criminal convictions stretching back years but now professes to have left crime behind. He admitted he has anger issues and was once linked to an unnamed Nazi gang in Alberta.

"So you like watching Jews get killed?" Glazer pressed.

"I don't know. Asians, white guys, native guys — it's pretty entertaining. It's movies," Bierens said.

"You like watching people get killed?" asked Glazer.

"In movies, yes — real life, no. There's a big difference. Anybody with common sense would know that," said Bierens.

The trial continues today.

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Smoke shop intended to bait Ottawa

A small Manitoba First Nation hopes that setting up an illegal smoke shop and unlicensed gambling lounge will generate much-needed cash and bait Ottawa and the province into a court battle over treaty status.

Chief Frank Brown of the Canupawakpa First Nation says he's tired of watching mounting social problems for the 600 people on the reserve near the Saskatchewan boundary. The reserve's funding hasn't changed since 1980 although its population has doubled.

Housing is deteriorating, water is contaminated and many residents suffer from chronic health problems, he says. Brown says the Canupawakpa First Nation had a treaty with the British, but current members don't have official treaty status and are essentially considered refugees within Canada.

THE CANADIAN PRESS

ILLUSTRATION BY JENNA CUMBERS/FOR METRO

Beavers vs. Bears

Should polar bears replace the beaver as Canada's national symbol?

Metro Ottawa Managing Editor Sean McKibbon and Metro Winnipeg Managing Editor Elisha Dacey debate over whether we should keep the beaver as our proud national symbol or if it's time to switch to the Polar Bear.

Sean

Polar bears are too intimidating to be Canada's national symbol. When I fell over a four-foot-high snowdrift in 1999 in Clyde River during a blizzard, I sure as hell wasn't rolling around on my back going "Oh no! I just bumped into a beaver!"

I'll take an animal who builds a safe, sturdy house for his family and sticks around to raise his young over one that leaves a trail of single bear mothers who are forced to burrow into a snow bank to find a place to hibernate with their kids. Beavers are dam fine animals.

Elisha

There's nothing wrong with Canada's new symbol being a little more intimidating than the beaver. We can't be a nation of apologetic fur-trappers with big teeth forever, plodding along like a wet oversized rat. So why not go with something more inspiring than Stephen Harper's spirit animal?

Polar bears are survivors. They can make a home out of anything, even a snowbank, and Mama is fierce enough to raise her cubs on her own. And I'm pretty sure they wouldn't mind munching on a tasty beaver – spitting their pelts out as they go.

Beaver Fun Facts

- Beavers live in streams, rivers, marshes, ponds, and shorelines of large lakes throughout North America, parts of Europe, and Asia.
- Beavers dam streams in shallow valleys, cutting down small trees and clearing brush to provide shelter and protection.
- In the late 1600s and early 1700s, the beaver drove much exploration and trade in Canada as beaver pelts satisfied demand for fur top-hats.

Polar Bear Fun Facts

- Polar Bears are not white. Their fur is hollow, so it reflects light.
- Polar Bears are in more danger of overheating rather than freezing in the arctic due to the heat-trapping capabilities of their fur.
- Polar Bears can swim up to 160 km at a time, at about 10 kilometres per hour.
- While Polar Bears can grow to be 1,400 pounds, they are only about one pound when they're born.

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Transition program helps heal battle scars

More than 200 vets have participated in B.C. initiative

PHYLICIA TORREVILLAS
@METRONEWS.CA
METRO CANADA IN VANCOUVER

A 14-year-old girl in Afghanistan, who was in a marriage she didn't want to be in, decided to light herself on fire. Her parents brought her to the airfield where Canadian soldier Tim Laidler was manning the front gates. The girl died a few days later.

This image haunted Laidler even as he returned from his eight-month tour of Afghanistan as a convoy escort and reservist.

"I was the soldier on the front gate of the airfield who had to hold them up for 20 minutes as they had the bomb-sniffing dogs come out and search the vehicle," says Laidler, 26. "That was one of those things that I would think about and say, 'I should've just waved them through and risked it.... I should've done something.' But ... I was frozen."

He kept the guilt to himself, but now he says he can openly talk about his experiences in Afghanistan after completing the University of B.C. Veterans Transition Program — an initiative designed to help veterans cope with stress-related injuries and integrate them back into civilian life.

Laidler, who has never been diagnosed with post-traumatic stress disorder, says he was hesitant at first when a friend and fellow reservist encouraged him to join the program. But he ended up giving it a shot and it surpassed his expectations.

Now he serves as the program's operations co-ordinator, and he's also pursuing a master's degree in counselling so he can help other soldiers deal with their transition.

As part of the program, which was established in 1997, soldiers must re-enact a scene — often pivotal events where they experienced trauma or stress — with the help of other soldiers in the group.

Marvin Westwood, the program's co-founder, said soldiers revisiting, reconfiguring and re-experiencing what happened to them releases many repressed feelings they've been carrying.

"Only a soldier can tell another soldier that they acted in a right way that's restorative to them," Westwood said.

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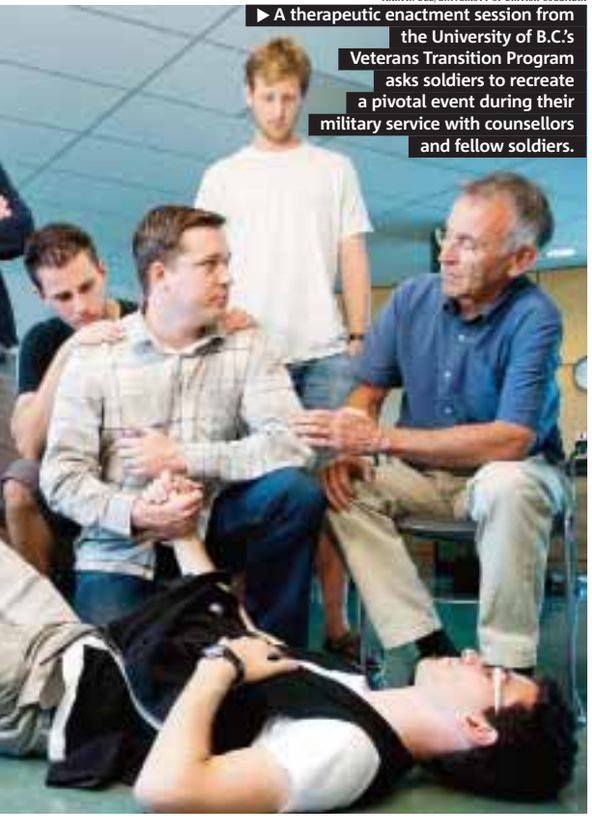

▶ A therapeutic enactment session from the University of B.C.'s Veterans Transition Program asks soldiers to recreate a pivotal event during their military service with counsellors and fellow soldiers.

Remembrance Day services in your area

ANAVETS Unit 283 Remembrance Day event: 10 a.m. to 12 p.m., Stillwell Hall, ANAVETS Unit 283, 3584 Portage Ave.

Charleswood Legion Remembrance Day service: 10:15 a.m. to 12 p.m., Oak Park High School, 820 Charleswood Rd.

Remembrance Day service: 10:15 a.m. to 12 p.m., Convention Centre, 375 York Ave.

Royal Winnipeg Rifles Remembrance Day ceremony: 10:30 a.m. to 11 a.m.,Vimy Ridge Memorial Park, Portage Avenue at Home Street.

St. James Legion Remembrance Day parade: 10:30 a.m. to 11 a.m., Bruce Park Cenotaph, Bruce Park, Albany Street and Portage Avenue.

Royal Canadian Legion Henderson Hwy. Branch #215 service: 10:15 a.m. to 12 p.m., Albright Church, 3400 DeVries Ave.

McGregor Armouries Remembrance Day parade: 10:30 a.m. to TBD, McGregor Armoury, 551 Machray Ave.

Minto Armouries Remembrance Day parade: 10:30 a.m. to TBD, Minto Armoury, 969 St. Matthews Ave.

Gun salute at the Manitoba legislature: 10:30 a.m. to TBD, Manitoba Legislative Building, 450 Broadway.

38 Canadian Brigade Group Valour Road Remembrance Day service: 10:45 a.m. to TBD, Valour Road, Sargent Avenue at Valour Road.

Transcona Legion Remembrance Day service: 11 a.m. to TBD, Transcona Legion, 104 Regent Ave. E.

Remembrance Day service at Deer Lodge: 2 p.m. to 3 p.m., Deer Lodge Centre, 2093 Portage Ave.

Remembrance Day guided tour: 2 to 3 p.m., Western Canada Aviation Museum, Hangar T2, 958 Ferry Rd.

JENNA CUMBERS

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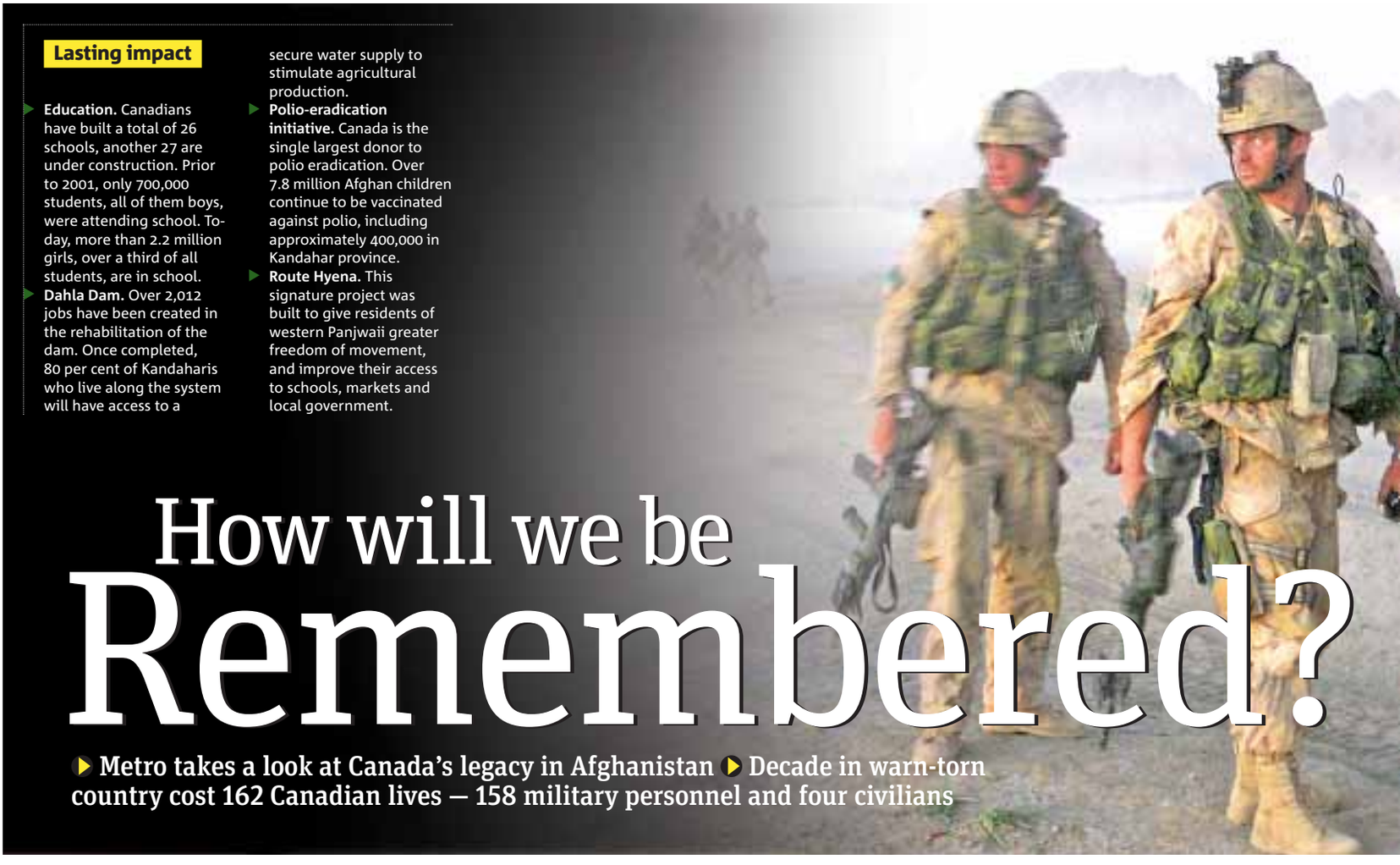


Lasting impact

- **Education.** Canadians have built a total of 26 schools, another 27 are under construction. Prior to 2001, only 700,000 students, all of them boys, were attending school. Today, more than 2.2 million girls, over a third of all students, are in school.
- **Dahla Dam.** Over 2,012 jobs have been created in the rehabilitation of the dam. Once completed, 80 per cent of Kandaharis who live along the system will have access to a secure water supply to stimulate agricultural production.
- **Polio-eradication initiative.** Canada is the single largest donor to polio eradication. Over 7.8 million Afghan children continue to be vaccinated against polio, including approximately 400,000 in Kandahar province.
- **Route Hyena.** This signature project was built to give residents of western Panjwaii greater freedom of movement, and improve their access to schools, markets and local government.

How will we be Remembered?

Metro takes a look at Canada's legacy in Afghanistan Decade in warn-torn country cost 162 Canadian lives — 158 military personnel and four civilians

NO MISTAKE

TERRY GLAVIN
FOR METRO

That Canadian soldiers were able to hold Kandahar is key to the reconstruction of Afghanistan. And it's too bad that not enough Canadians know that.

Years down the road, there will be all sorts of clever people who will be happy to tell us that our soldiers should never have been sent to Afghanistan. That's why it will always be handy to remember what it took a British House of Commons defence committee to point out, back in 2007:

"If Kandahar fell, and it was a reasonably close run last year, it did not matter how well the Dutch did in Uruzgan or how well the British did in Helmand. Their two provinces would also, as night followed day, have failed, because we would have lost the consent of the Pashtun people because of the totemic importance of Kandahar."

Don't remember? Don't be hard on yourself. You sure didn't hear it from any Canadian parliamentary committee.

If all Canadian soldiers ever did was win the Battle of Panjwaii in 2006, it would all have been worth it.

Panjwaii was Stalingrad. Between that summer and July 2011, fewer than 3,000 Canadian soldiers kept the Taliban at bay. U.S. President Barack Obama's "surge" of 30,000 soldiers is still having a hard time matching Canada's accomplishment.

And even now, sneers disfigure the faces of our country's clever "troops-out pundits" whenever they're reminded that millions of girls would have never gone to school had it not been for the gallant sacrifices of Canadian soldiers and their families.

Had Kandahar fallen, Afghanistan would have been lost to the Taliban, and you don't want to think about what would have come next.

In the years to come, millions of Afghans will fondly recall that in their darkest hour, Canadian soldiers were watching their backs. Most Canadians still don't seem to have a clue.

Terry Glavin is the author of the newly published book Come From The Shadows: The Long And Lonely Struggle for Peace In Afghanistan. He has visited that country four times since 2008.

TRAINING MISSION

'WE DID AN OUTSTANDING JOB ... THINGS ARE BETTER IN KANDAHAR'

Canadian Forces Col. Mike Minor is the NATO commander in charge of the Advisory Group to the Kabul Military Training Centre (the largest Afghan army training facility).

Who are the trainers?
I have a team of about 500 coalition personnel from about 10 different nations working with me. Our role is to advise Afghanistan's premier training centre where they train up to 60,000 officers each year. That's almost the size of the entire Canadian Forces. Our aim is for this training centre to sustain the Afghan National Army ... after we're gone.

When will that happen?
The transition will start as early as next year. That's the key to sustaining the Afghan National Army as we move forward. We're essentially training trainers so they can effectively train soldiers themselves.

What will be Canada's legacy in Afghanistan?
Certainly our operations in the south fighting the counter-insurgency were pivotal here. But around Kabul now, I've had many nations come up to me and say "clearly Canada has it right."

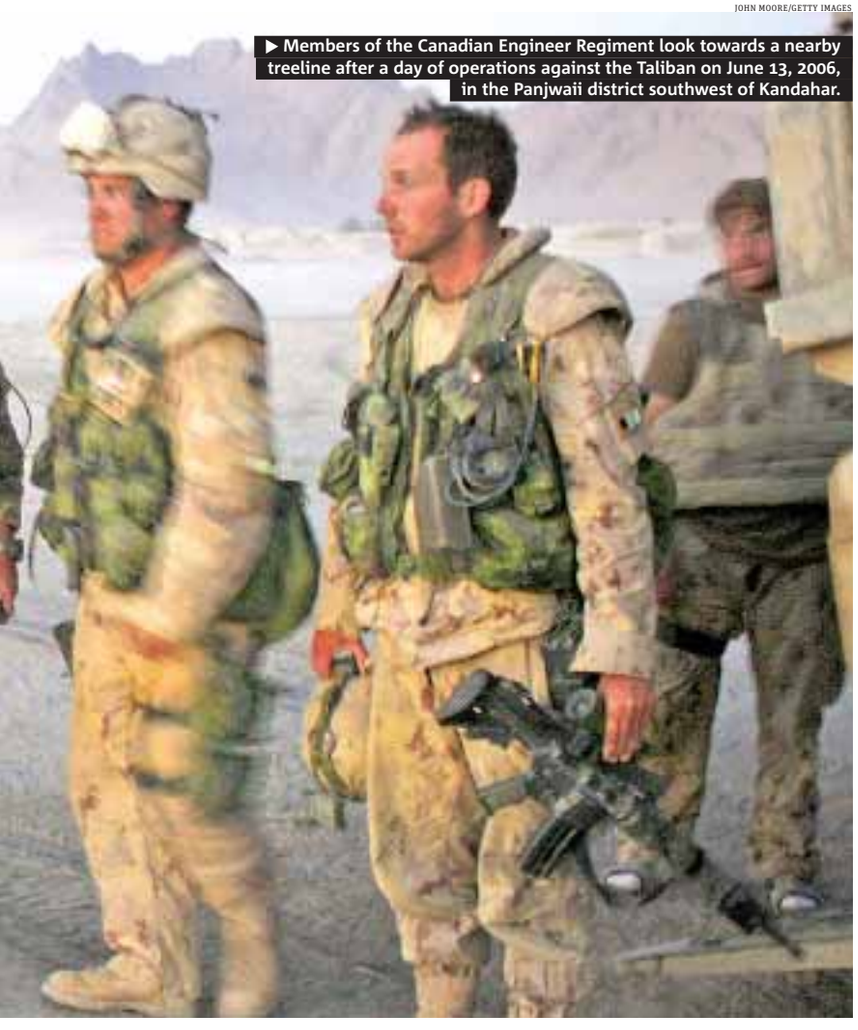
CONTRIBUTED

Col. Mike Minor, right, is saluted by an Afghan.

We went into the fight, we did an outstanding job and things are better in Kandahar. Now is the time for transition ... so the Afghans can do it themselves.

HEATHER BUCHAN

JOHN MOORE/GETTY IMAGES



▶ Members of the Canadian Engineer Regiment look towards a nearby treeline after a day of operations against the Taliban on June 13, 2006, in the Panjwaii district southwest of Kandahar.

Afghan women more visible in public life

LAURYN OATES
FOR METRO

When Afghan women and girls found in December 2001 that they were no longer under state-imposed house arrest, they peered out at a country in ruins.

Taliban rule, following the three decades of war, kept women and girls shut out of schools for five years.

Since those first post-Taliban days, striking change has swept over Afghanistan. Canadian investments in education and rebuilding programs have helped hurry along the drive for learning and training opportunities.

Women have been accessing micro-credit programs like the Microfinance Investment Support Facility for Afghanistan (MISFA), supported by the Canadian International Development Agency. The charity Canadian Women for Women in Afghanistan has been training teachers, running adult-literacy classes and opening village libraries.

30%
Today, about 30 per cent of civil servants in Afghanistan are women.

The Afghan Canadian Community Centre in Kandahar trains female students in business, computers and English, helping land them lucrative jobs immediately after graduation. The Mennonite Economic Development Associates, headquartered in Toronto, supported 3,000 women farmers in Parwan province with training and access to inputs that helped them improve their crop yields and raise household incomes.

Afghan women still face daunting challenges, including the world's highest maternal mortality rate, rampant domestic violence, underage marriage (the average female marriage age is believed to be only 15). The Taliban regularly attack girls' schools, threaten women working in the government, and operate "shadow governments" in districts where they have greater control than the government, doling out punishments for "moral crimes" like premarital sex.

Lauryn Oates is the projects director of Canadian Women for Women in Afghanistan.

WE ASKED: HOW WILL YOU REMEMBER CANADA?

Lotfullah Najafizada, 24
Journalist at Tolo TV, Kabul

"Canada has made a huge sacrifice in Afghanistan in the last decade. It has helped the Afghan people during a very tough time. We would remember Canada's support and assistance not for 10 or 20 years, but for many, many decades. Canada has a reputation as an honest and supportive friend in Afghanistan.

Bibi Zhilla Jawid, 23
Senior finance assistant, UNICEF Kandahar Office

"Our family returned to Kandahar from Pakistan in 2003. We were poor, so I needed to work ... The only way I could study was at night school, but there were no female students. I will never forget the day in 2007 when I got the chance to enrol in a school supported by Canada, the Afghan Canadian Community Centre in Kandahar. I took English classes there and the people were kind. I then graduated, with 11 other girls, in business management, and that is the greatest gift that Canada could give me. I was given my certificate in front of everyone. For this, we'll remember Canada in our hearts."

Dr. Mohammad Shafiq Faqeerzai, 35
Surgeon at Aliabad Teaching Hospital, Kabul

"The people of Afghanistan really appreciate the efforts of Canadians towards the rehabilitation of our country. Despite having thousands of Canadian Forces in addition to the other international forces, our security is getting worse. Poppy cultivation and trafficking is still happening. The people do not feel safe even in the capital. Nevertheless the people of Afghanistan will remember the Canadians, especially as they continue to build the capacity of the Afghan National Army, and especially if they help build this country into something sustainable."

Homa Sorouri, 32
Human resources development director, Kabul

"Canada was one of the first countries who left Afghans mid-conflict, in 2011. Canada reminds me of Kandahar because of their overall focus on rebuilding Kandahar. As a Kabul resident, of course I cannot comment on how they have done the job, but I know that Canadians were big advocates of women's rights. In all the projects they funded they were concerned with gender issues. Canadians seem to be friendly people." LAURYN OATES

On Twitter

We also asked Twitter users to tell us how they thought Canadians would be remembered for their role in Afghanistan. Here's what they had to say:

- **@RickCarroll:** @themetrolondon As hard working, dedicated heroes.
- **@taboada93:** @metrotoronto I think they'll be remembered for taking the time out of their lives to go and help those in need. You can't get any more pride!
- **@AutisticTomato:** @metrohalifax Afghans will remember Canadians as solid hash smokers and friendly people.
- **@bnes211:** @themetrolondon As the ones they hate less than Americans.
- **@SkyMcLaughlin:** @metroedmonton My friends there tell me our legacy is our genuine intention to help, but sadly 10 yrs later not much has changed.
- **@TashKasves:** war is never looked back on positively.

For more Remembrance Day coverage, visit metronews.ca

D-Day web site to serve as memorial

The creators of a new website detailing the final months of the Second World War say it will stand as a living memorial to the soldiers who sacrificed their lives for our freedom.

The interactive site shares the same name as the History Television series, D-Day to Victory, which traces key battles as Allied forces made their way through Europe.

The site was launched yesterday with a luncheon and screening for several veterans who took part in the website and documentary series.

THE CANADIAN PRESS

120 Executive producer James Milward says the website includes 3D renderings of several battles, 120 video interviews with veterans, and a forum for visitors to share their own memories.

In aftermath of Afghanistan

‘International soldiers have given us everything we have today ... Their own countries are also secure thanks to Afghan war,’ nation’s foreign minister says

NICOLAS RICHOFFER
@METRONEWS.CA
METRO WORLD NEWS IN PARIS

Afghan Foreign Minister Zalmai Rassoul met Metro in Paris after meetings with the French government.

According to a new survey, 37 per cent of Afghan women think Afghanistan will become a worse place if international troops leave. Will it?
It has been 10 years. It’s simply time that Afghan security forces take over. Of course our security forces still need training by foreign troops as well as equipment.

If a Canadian soldier in Afghanistan asked you why he should risk his life for the Afghan people, how would you respond?
International soldiers have contributed to the well-being of Afghan people. What we have today we have thanks to these soldiers’ presence. We, the Afghan people, are full of gratitude and thanks that they’ve risked and sometimes sacrificed their lives for us.

Occupying forces are rarely popular. Maybe Afghans will be better off without foreign soldiers?
This is the first time in the history of Afghanistan that foreign soldiers have been welcomed. But now that 10 years have passed, of course Afghans want to see their own soldiers taking care of their security.

NICOLAS RICHOFFER/FOR METRO WORLD NEWS

▶ Afghan Foreign Minister Zalmai Rassoul

Looking back at the past 10 years, what is the foremost success story?
Democracy. We were at war for 30 years, and within 10 years we have developed democratic institutions. We have freedom of expression. We have a parliament that’s elected by the people. Twenty-six per cent of our members of parliament are women, a higher percentage than many Western countries. We have a constitution that grants men and women equal rights. We have the freest press in the region.

New well-being

- There are now close to 50 private TV stations across Afghanistan, more than 100 community FM radio stations and hundreds of print publications. Official government permission is not required to start a newspaper or magazine.
- There are now more than 100 universities, compared to fewer than 10 in 2001. There are more than 200,000 students, both men and women.
- Today, more than eight million Afghan children attend school, about 40 per cent girls. In 2001, no girls and fewer than one million boys went to school.
- Afghanistan now has over 10,000 kms of paved roads.
- Kabul for the first time has 24-hour electricity.
- More than 80 per cent of Afghans now have access to basic health care.

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Be prepared for massive quake

- Top geophysicist says training will reduce fatalities
- Improved earthquake-hazard maps provide protection

Canada could expect a major earthquake at any time and a top geophysicist says it should prepare itself if it is to avoid the kind of disasters that befell Japan, Italy and China in recent years.

John Cassidy, head of earthquake seismology at the Geological Survey of Canada, says large earthquakes have hit parts of Canada numerous times — and will again.

"Certainly we could expect an earthquake at any time and should be prepared for a large earthquake at any time in Canada," Cassidy said in an interview prior to delivering a lecture at Carleton University. "We've seen many over the years, going back in time."

Predicting earthquakes with any degree of consistency, Cassidy says, remains next to impossible.

"Unfortunately, we cannot predict earthquakes, either here or anywhere," he said. "There's no consistent, successful way to predict exactly when earthquakes will occur and how large (they will be)."

The only thing people can do is be prepared, he says.

Canada is identifying vulnerable areas, estimating potential magnitude, frequency and type of quakes. Using that information, planners can draft appropriate building codes and construct quake-resistant infrastructure to minimize the damage.

THE CANADIAN PRESS

Vulnerable

- He says the most vulnerable region is the West Coast, which has been hit with giant, magnitude-9.0 quakes 13 times in the last 6,000 years, the last of them 311 years ago.
- B.C. is in the window in which a massive earthquake is more likely to occur, he says, but he acknowledges that window spans 200 to 850 years.

Occupy. Protests

▶ Mathieu Martin struggles with a sheet of plywood as he moves his tent to a new location at the Occupy Montreal protest in the financial district Wednesday. The city is now forbidding the construction of any wooden structure.

PAUL CHIASSON/THE CANADIAN PRESS

Officials say it is time to move on

Toronto Mayor Rob Ford on Wednesday said residents and businesses have "had enough" of Occupy Toronto protesters and it's time to ask them to leave. Officials in Vancouver, Victoria and Calgary have also made plans to start removing camps while Regina's protesters have been asked to leave voluntarily. In Edmonton, campers on land owned by a private company have been asked to leave and the mayor has talked about cutting off their power. Halifax campers cleared out on their own.

Older Canadians embracing social media

Older Canadians are increasingly following their younger counterparts into the world of social media, a new poll suggests.

The Haris-Decima survey conducted for The Canadian Press indicates that 68 per cent of those asked used social media in 2011, up from 57 per cent two years ago. THE CANADIAN PRESS

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CHANGE THE PITCH OF YOUR LEARNING CURVE

HE SAYS ...

JOHN MAZEROLLE
METRO

This time of year can be stressful for students, especially those who foolishly become preoccupied with pointless extracurricular activities, such as studying.

It seems calm — midterms gone, a few weeks to term finals — but I remember this as the moment you had time to contemplate that you were doomed.

At first there's new-year buzz: Students observe who's become hot and/or cool, learn the new consensus jean-waistline height, and decide when to wow their peers with the three guitar chords they've been practising.

Then midterm marks painfully remind you: Time to prepare for a long grind of studying or pack it in.

Well, relax students: I humbly suggest you can do both.

As a veteran of high school, university AND comedy college, I'm qualified to point out that every school skill you pick up can be performed after graduation by iPhones, spell-checkers and whoopee cushions.

You'll forget most of the "facts" you learn. But if you use class as a springboard for half-assedness, well, that's the type of skill a person will use for the rest of his or her life. "Teach someone a fib, they'll cheat for a day," the old saying goes. "Teach them how to fib and they'll cheat forever."

"Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma."

How To Study Without Really Trying:

- Find a good spot: The ideal area is a soundproof spot in your own room so you can lock your door and put a "DO NOT DISTURB" sign on it while you play Call of Duty: MW3.
- Break studying into segments so you don't get overwhelmed: For instance, if you plan to watch The Simpsons before you start your homework, you might say: "OK, I just have to watch Bart wake up and realize he's joined the Junior Campers. Then it will be no time at all until Homer finds the Krusty Burger." In this way, even all-night Simpsons marathons won't seem too daunting.
- Study the hardest stuff first: This will give you the illusion that you're getting smarter as you go.
- Highlight everything: I don't know why it works, but all the smart kids highlight so often that their books increase in weight. You should follow suit, as a status thing.
- Get help from other people: Any experienced student knows the most effective way to learn new information is to grill smart people on the day of the test. Find a nerd in the morning, grab their arm and ask them questions in a tone of voice usually not heard outside of 911 calls.
- Above all, don't panic. Schools never let students fail the same grade twice. Technically, you could ignore your teachers from the first day of Grade 1 and be on your way to a 24-year vacation topped off with a diploma.

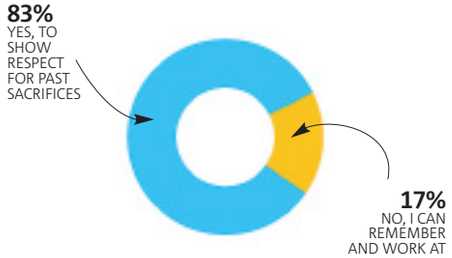
By the time you hit 30, you should really have those guitar chords nailed.

Read more of John Mazerolle's columns at metronews.ca/hesays

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Should Remembrance Day be a national holiday?



Local tweets

- **@someday special:** I love romantic snow flakes! #Winnipeg #winter #snow #holidays!
- **@Eben_Rawluk:** Why would you open a window.. On a bus.. In #Winnipeg today
- **@ElliottChirps:** I know I chirped about the Winnipeg weather, but it's a beautiful crisp fall day today. It's truly fantastic.
- **@SusanLazaruk:** Gang of six 80-plus ladies, 5 with wheeled walkers, gather for daily coffee and a gab at Starbucks in #Winnipeg Safeway. #sweetoldtimers
- **@Bullying_org:** Sitting in comfy lounge in the beautiful new Winnipeg airport w free, unlimited wireless access & plenty of plug-ins #roadwarriorheaven! :-)
- **@Juvali022029:** Funny how great dentist checkups for the kids always makes me feel like I got an "A" on my report card.
- **@Snowbear:** @Chantelle_Amy Poppies can be worn anywhere, as long as you make the conscious decision to wear one and remember. :-P #RemembranceDay
- **@AngryFlapjack:** Is so full of poutine still. My god. #Potatoscheeseandgravy

Letters

VETERANS. *RE: Homeless veterans in fight for their lives, published Nov. 8*

As a Second World War veteran, 90 years old on March 10, 2012, this item caught my eye. It points out several salient bits of information. I too believe vets would benefit from having more Veterans Affairs outreach workers coming to them and explaining how to qualify for government support.

Vets simply do not know because the information is not out in the public.

A further concern is that while Second World War veterans may qualify for help if they have a disability related to their war experience, what happens if someone who got a one-time payout develops a service-related illness later in life?

Finally, Veterans Affairs Canada in their publication Salute publishes a column called "How to Reach Us." Somehow that should appear in most federal government offices.

And, regional offices should have funding for an individual and or individuals who are available for on-site meetings with veterans.

JOHN BEECHING
VANCOUVER

photo of the day

metro PHOTO CHALLENGE

▶ This photo titled Children: Strength and Power, was submitted to the Happiness category by Daniel Benitez from Mexico.

Metro invites its readers to join the Metro Global Photo Challenge — running in 100 cities on four continents — to win fantastic prizes and worldwide recognition. Enter your digital photos at metrophotochallenge.com. The contest runs until Nov. 22. As well as a chance to win a trip to any city Metro publishes, one submission will also be featured here daily.

WEIRD NEWS

Occupy Denver has more bark than bite

Occupy Denver has elected the most unlikely of leaders: A dog.

The three-year-old border collie named Shelby was elected in response to what the protesters said was Denver Mayor Michael Hancock's "insistence" the movement elect a leader.

"Shelby is closer to a person than any corporation: She can bleed, she can breed, and she can show emotion. Either Shelby is a person, or corporations aren't people," Occupy Denver's website stated.

YOUTUBE

▶ Shelby will have a translator for "all legal and police matters."

Shelby will be introduced to the mayor and Colorado's governor and she will be leading Saturday's Occupy Denver march "against Corporate Personhood," the site said.

She "invites all other civic-minded dogs (and their leash-holders) to join" the march, the protesters say.

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Greek drama intensifies

Coalition talks break down
Papandreou calls for unity

Greece's laborious power-sharing talks disintegrated into chaos yesterday, with political leaders failing to name a new prime minister who will take over from George Papandreou and head an interim government, despite three days of negotiations.

The latest setback in more than a week of political turmoil came less than an hour after Papandreou made a televised address to the nation saying Greece's political parties were joining together to save the debt-ridden country from rapidly approaching bankruptcy.

Papandreou is to hand over to an interim government whose main aim will be to secure the next vital eight billion euro installment of Greece's current bailout and approve the debt agreement before February elections.

However, after a historic deal with conservative opposition leader Antonis Samaras Sunday night to form the transition government, negotiations dragged on, missing self-imposed deadline after deadline. Repeated pledges to announce a new prime minister came to nothing despite intense European pressure to quickly resolve the crisis.

A final decision had been all but certain Wednesday night, with Papandreou delivering a farewell televised speech to the nation in which he wished his successor well — although he did not name him.

But less than an hour later, Giorgos Karatzaferis, the head of a small right-wing party, stormed out of political leader talks being chaired by the country's president, Karolos Papoulias. The president's office scheduled another meeting for this morning — and a deal seemed as far away as ever.

THE ASSOCIATED PRESS

THANASSIS STAVRAKIS/THE ASSOCIATED PRESS

▶ Greek Prime Minister George Papandreou waves as he arrives at the presidential palace in Athens yesterday for a meeting with Greek President Karolos Papoulias.

Market moment

PRICES AS OF 5 P.M. WEDNESDAY

TSX	Dollar
– 332.64 (12,156.22)	– 1.31¢ (97.88¢ US)

Oil	Natural gas	Gold
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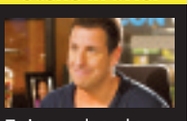
Synopsis

The Christmas movie season promises a little something for everyone. There's family movies like The Muppets, Oscar bait like My Week with Marilyn, and even a silent movie in wide release! This week the Reel Guys look ahead to their most anticipated movies of November and December.

▶ Michelle Williams' portrayal of Marilyn Monroe in My Week With Marilyn may win her the Oscar Monroe always dreamed of.

2 scene

Scene in brief



Twins, gods and a legendary FBI director will hit screens tomorrow. Jack and Jill has funnyman Adam Sandler taking on duelling roles as Jack and his twin sister Jill. The Immortals makes Greek mythology sexy and Leonardo DiCaprio is generating Oscar buzz for his turn as J. Edgar Hoover in J. Edgar. Go online to metronews.ca/movies tomorrow to read reviews of all these films. METRO

Sales rise for Assassin of Spies, a novel pulled by publisher over plagiarism complaints

Reel Guys

RICHARD CROUSE & MARK BRESLIN
SCENE@METRONEWS.CA

'Tis the season

Christmas movie season is here **Crouse and Breslin share their yuletide picks**

Richard: Mark, the film critic in me really wants to see Carnage, the Roman Polanski adaptation of the Broadway hit about two couples who get together to discuss an altercation between their children. I expect the all-star cast's — Kate Winslet, John C. Reilly, Christoph Waltz and Jody Foster — heavy-duty acting chops may earn an Oscar nod or two and have heard there's even Oscar buzz for Polanski. What are you most excited about?

Mark: Richard, I'd like to agree with you about Carnage, but I saw the play on Broadway and wasn't impressed. However, I like everything Roman Polanski has ever done — well, ahem, almost everything — and maybe this will be an example of a movie improving on the play. I am looking forward to Young Adult, and here's why: 1. screenplay by Diablo Cody. 2. directed by Jason Reitman. 3. starring Charlize Theron. 4. lots of bad behaviour. I also look forward to the new installment of Mission Impossible: Ghost Protocol. Am I a fool?

RC: Not at all! I'm excited to see what Brad Bird, the Pixar wizard behind The Incredibles, can do with live action and a few hundred million dollar budget. I'm also curious to see how the Cold War paranoia of Tinker Tailor Soldier Spy plays at Christmas, 2011. I want to know if playing in the Potterverse for the last few years has dulled Gary Oldham's edge. I'm hoping for some of his old-school Romeo is Bleeding attitude!

MB: I don't know... those John Le Carre adaptations can be pretty dry. What about My Week With Marilyn? Sounds pretty juicy to me.

RC: It'll certainly have some juice with Oscar voters I think. The Academy loves biopics and while Michelle Williams might not have been the obvious choice to play Marilyn Monroe, the early word is that she might be in line to win the Oscar that Marilyn always wanted in real life. I think Williams's biggest competition will be Meryl Streep as Margaret Thatcher in the Iron Lady.

MB: And the trailer for the Streep film is so good that it makes me want to line up for the movie today! And it would make a perfect double bill with the J. Edgar Hoover biopic at a Tea Party conference.

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Clint Eastwood makes the day

- At 81, film legend still has a commanding presence
- J. Edgar director admits being fascinated by Hoover

HANDOUT

Clint Eastwood and Leonardo DiCaprio teamed up for J. Edgar.

RICHARD CROUSE
SCENE@METRONEWS.CA

I'm tempted to borrow a phrase from MGM to describe the star-studded reception before the first-look screening of J. Edgar on Monday night in midtown Manhattan.

The studio boasted having "more stars than there are in the heavens," but this wasn't an MGM party, it was a Warner Bros soirée to celebrate their latest Oscar hopeful – a biopic about the controversial and enigmatic J. Edgar Hoover, who spent five decades as director of the FBI.

To my left 60 Minutes reporter Steve Croft worked the room. In another corner Alan Cummings chatted quietly to friends. David Byrne mixed and mingled and Tower Heist co-star Judd Hirsch snacked on sashimi from the sushi bar.

Behind the food stations framed posters of some of the biggest stars from movie history looked down on the party goers.

They are keepsakes from the Warner Bros legacy; a reminder that the company has been making movies for almost as long as there have been movies to make.

Then a real life reminder of that legacy walked into the room. Clint Eastwood, J. Edgar's director, quietly slipped into the party. Well, as quietly as one of the most iconic movie faces of all time can slip into a room. With him was Leonardo DiCaprio, Armie Hammer ("Not Arm and Hammer, but Armie Hammer," Eastwood jokes) producer Brian Grazier and Oscar winning screenwriter Dustin Lance Black.

The weight shifts in the room, as though Clint's star power has a gravitational pull all its own. At 81, he's more weathered than when he made Dirty Harry a household name, but it is impossible to look at him and not have memories of "Go ahead, make my day..." or the Man with No Name character awakened, and everyone at the party feels it.

Inside the screening room he introduces his J. Edgar actors and creative team. After a long list of names he pauses and says, "that takes my memory as far as it will go." Holding for the laugh, he continues, "I've always been curious about J. Edgar Hoover... and I still am."

That's it. Like his characters, Eastwood's a man of few words. Or maybe it was the hour; it was only eight o'clock. But as someone sitting behind me joked, "He only works from nine to five."

I guess when you're a legend you can set your own hours.

Films directed by Clint Eastwood

- Bronco Billy
- Unforgiven
- Letters from Iwo Jima
- Gran Torino
- Million Dollar Baby
- Mystic River

Making brawn

Twilight star Robert Pattinson shares how he got buff for his stripped-down scene in Breaking Dawn: Part 1 Ashley Greene says her character Alice reveals a more emotional side in latest Twilight film

EMMA BJÖRKMAN
SCENE@METRONEWS.CA
METRO WORLD NEWS IN STOCKHOLM

In the fourth Twilight film, Breaking Dawn: Part 1, newlyweds Edward (Robert Pattinson) and Bella (Kristen Stewart) finally go all the way.

In preparation for the stripped-down honeymoon scene, Robert Pattinson put in four months of solid time at the gym.

"I very rarely exercise and really don't like going to the gym so I had to make it extreme. I had to cut out beer and cut out junk food, which is basically my entire life and I had to replace that with going to the gym and working out basically all day, every day. I went to the gym pretty much at four in the morning and worked out for two hours and then went to work. It was absolutely exhausting," he says.

But has the actor, also known as Edward Cullen, kept up his workout routine?

"The day I didn't have to take off my shirt, that was it. No more gym," he says laughing.

Ashley Greene's character, Edward's sister Alice, also shows a new side in the movie, albeit a more emotional one.

"You will see Alice being emotionally tortured and a little tormented inside. She wants to protect and support Bella and the two emotions are in conflict. That was one of the great things of having a saga... to develop your character," she says.

In Breaking Dawn: Part 1 Bella Swan becomes pregnant and the baby is half vampire. According to Pattinson and Greene the birth scene was one of the most memorable during the movie shoot.

"The director Bill Condon made some really bloody horror movies early on in his career and we shot it like a straight horror scene. I saw one cut, and if you had added some other music and other sound effects you wouldn't want to watch the screen (laughs). They could definitely do a version of this movie for adults only," says Pattinson.

Greene remembers the day as one of the most hysterical.

"We were nervous and didn't know how to pull this off. It was so intense. You can't relate to a baby that is destroying its mother. It translates much better on film and it looks good, but when we were filming it nobody knew what was happening."

HANDOUT

Robert Pattinson said he cut out junk food and beer to get in shape for Breaking Dawn: Part 1.

Robert's record

There are rumours that Pattinson is going to release an album, but he denies it.

"I'm not making a record. I record stuff all the time but have no intention to release it. People hate actors who release music so much that the majority of people would hate it just because it exists. It's too personal for me to dirty it with people's judgement," he says.

IMMORTALS WORDS

ACROSS
1 He plays King Hyperion in Immortals (with 3 Across)
3 See 1 Across
7 A "fabled" Greek writer
8 The hero in Immortals
9 Freida Pinto, who plays 11 Down, recently starred in ___ of the Planet of the Apes
11 Ashen, like a dying warrior
14 Stephen McHattie, who plays Cassander, is a Nova ___ (from Antigonish)
16 Demoralize
17 Where 6 Down was schooled (it's in England, of course)
18 ___ Singh directed Immortals

DOWN
1 Joseph ___ is Lysander
2 Kellan Lutz, who plays Poseidon, is Emmett Cullen in the Twilight films, including this one
4 Crowe who stars with 12 Down in the next Superman
5 Most senior
6 John ___ plays Old Zeus in Immortals
10 The answer to 1 Across also played Whiplash in the second ___ ___ flick
11 Pinto's part in Immortals
12 Lucas who plays Athena
13 In The Wrestler, 1 Across was Randy ___ ___ Robinson
15 Hit hard

Crossword #1

SOLUTION: ACROSS 1. MICKEY, 3. ROURKE, 7. AESOP, 8. THESEUS, 9. RISE, 11. PALE, 14. SCOTIAN, 16. ABASH, 17. LONDON and 18. TARSEM
DOWN 1. MORGAN, 2. ECLIPSE, 4. RUSSELL, 5. ELDEST, 6. HURT, 10. IRON MAN, 11. PHAEDRA, 12. ISABEL, 13. THE RAM and 15. NAIL

STARTS EVERYWHERE NOVEMBER 11

IN THEATRES, real D 3D, DIGITAL 3D AND 2D

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Facebook.com/AllianceFilms
ImmortalsMovie.ca
YouTube YouTube.com/AllianceFilms
ALLIANCE

Sculpting the body of a god

Getting into god-like shape for Immortals wasn't an easy task The guys dish on bringing perfection to life

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

The "joys" of the diet:
Stephen Dorff (Stavros): "The crew would break for lunch and we couldn't go near it. We would get these little stunt meals in this box and we'd be hungry right afterwards. It was very clean, no carbs. To have no body fat you have to eat ridiculously clean. It's very boring — no salt, none of the good stuff. So on my day off I would go to McDonald's, ice cream places and pizza places and eat until the point that I feel sick. Because if you are eating a certain way for a couple of months, your body reacts weird when it gets a quarter-pounder with cheese.

The downside of looking so good:
Stephen Dorff: "The only problem was I had crazy abs that wouldn't go away. For my next movie, I had to not look like I was in a gym. So it was complicated. I had to learn to stick my stomach out so I could hide my Immortals body. Took a while. You have muscle memory when you work out that hard."

Luke Evans (Zeus): "I now have a bone that's raised on my shoulder, which I never had before, which is like a scapula or clavicle tear. It's never gone down. I just have this strange structural skeletal problem now, thanks to Immortals."

Letting the training help with the acting:
Luke Evans: "I trained for seven weeks and I had to do it in fast-paced training. It makes you stand differently. You look yourself in the mirror and you look different. I saw my body change in seven weeks. It does definitely do something to inform your character in a sort of subliminal way. It definitely had an effect for me."

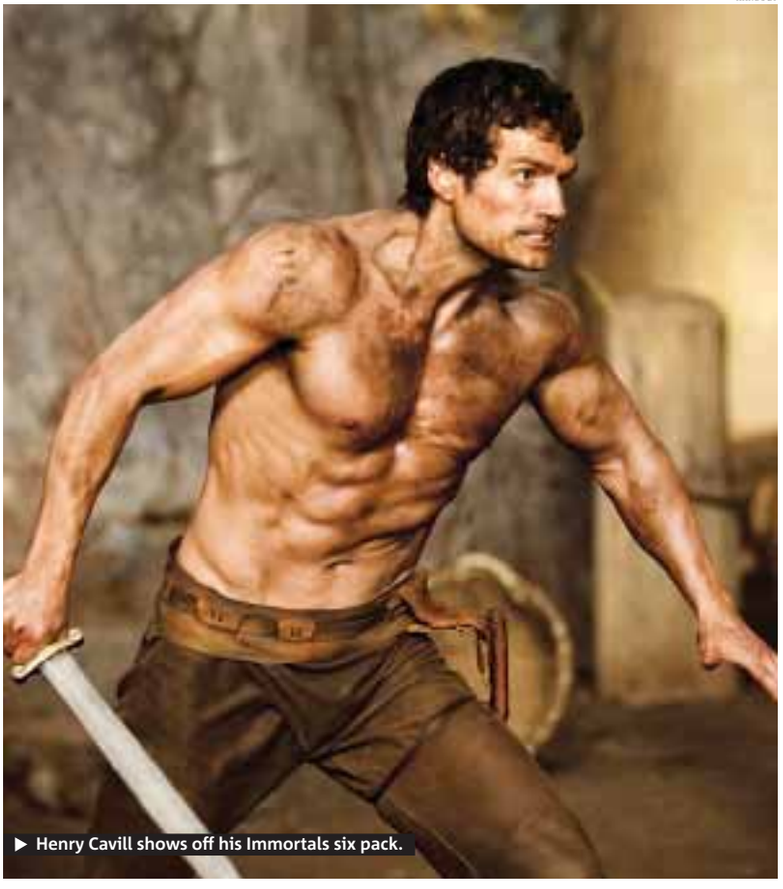
Henry Cavill (Theseus): "It's like wearing a permanent costume. Before work when you look in the mirror — or even before looking in the mirror — you do feel different. A part of the character is more expressive in you and so when you're in that kind of shape, I essentially was wearing my costume because I barely had no costume."

Stephen Dorff: "The training for Immortals was quite intense, because we wear no clothes in the movie so it's the one film where if you don't put in the work you're going to look kind of dumb when you're older and you rent this puppy. Or one of your kids sees it and says, 'Daddy, you're naked in this but why are you fat?'

Cavill's training

- Henry Cavill worked with martial arts expert Robert Yuan for months to get in shape for the weapons and fighting training.
- After wrapping Immortals, Cavill turned to sculpting his physique for his next role, as the Man of Steel. To get buff for the next Superman film, Cavill enlisted the help of Mark Twight, the trainer who transformed the cast of 300 into walking washboards.

HANDOUT



Henry Cavill shows off his Immortals six pack.

Movie reviews

See it twice | See it now
Worth watching | Yawn | Don't bother

Billy Bishop Goes to War
Genre: Musical
Director: Barbara Willis Sweet
Stars: Eric Peterson, John Gray

Eric Peterson and John Gray re-up the smash musical that launched the posthumous career of Canadian flying ace Billy Bishop "from Owen Sound, Ontario!" back in 1982. Bishop was a brawler who didn't especially want to go to war in 1916, but once there became the most successful fighter pilot in the British Empire with 72 hits. Peterson plays multiple roles as well as the elderly, haunted Bishop reliving the tragedies of his war experiences. It's sharply emotional, yet entertaining, and reminds us why Remembrance Day matters so much.

ANNE BRODIE

Wade Miller, CEO & Co-Founder

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Happy geek

Elijah Wood talks about reprising his role as Mumble in Happy Feet 2 Admits that since Lord of the Rings, he's become the go-to guy for all things Tolkien

HANDOUT

Elijah Wood says playing Mumble in Happy Feet 2 is his first acting gig in a father role.

NED EHRBAR
SCENE@METRONEWS.CA
METRO WORLD NEWS IN HOLLYWOOD

In the first Happy Feet, vocally challenged penguin Mumble (voiced by Elijah Wood) got the girl, so it only makes sense that Happy Feet 2 finds Mumble grappling with fatherhood — something knew for the young actor best known for playing a hobbit. We caught up with Wood to talk about his penguin alter-ego growing up faster than he is and the joys of job security now that his series Wilfred has been picked up for a second season. Plus, he gives an update on that other franchise he's a part of.

I'm pretty sure you've never played a father before.
Oh no (laughs). Only in the digital realm. I mean I'm 30 now, so I suppose it's not altogether unbelievable anymore.

How was that to take on as an actor?
It was cool. I think it was a natural progression for Mumble. You know, after he sort of cements his relationship with Gloria at the end of the first film, it's sort of natural that they would have an egg and a baby — the natural progression. So it was cool. It presented a unique, new step in his life. And the relationship between him and Eric was a fun relationship to play out.

Wilfred got pretty dark in the season finale. Will it continue that tone in Season 2?
I hope so. I love the whole season, but the latter half of the season, where it started to go with being a little bit more of a blend of the cerebral and surreal with the comedy and the darkness, is kind of my favourite combination of what the show is capable of. What I love about the show is that there are real things happening. Ryan is really, truly trying to recover and is in need of help — as we are keenly aware by the end. And Wilfred is genuinely — well, he's helping him in his way. And he's a manifes... he's potentially a manifestation of Ryan's own psyche, and there are all these things that are happening that are kind of real. I don't know, I'm curious as to where their going to take it.

Geeking out over the Hobbit

Ever since starring as Frodo Baggins in The Lord of the Rings films, Elijah Wood has become a go-to guy for info on all things Tolkien. And the upcoming two-film adaptation of the Hobbit is no exception. "I do have a small part in it, and I was actually just there," he says of the project, currently in production in New Zealand. "I was there for a month doing my little part and also just hanging out and catching up with friends. It's going to be incredible."

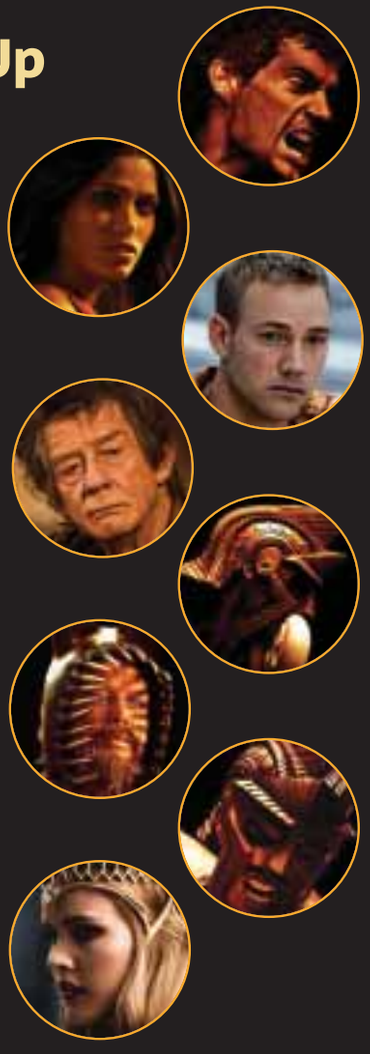
IMMORTALS
GET AROUND

Pictured at the right are eight of the biggest names from IMMORTALS. They are shown as they appear in the film, a classic tale of good and evil, which opens November 11. You may know them from their work in other films or on TV.

Here's hoping, because we've given you another character they have played at left. It's up to you to match the character with the actor or actress.

Match Them Up

1. Randy The Ram Robinson (Oscar nominee)
2. Aramis (think Musketeers)
3. Emmett Cullen (Twilight time)
4. Latika (going Ape)
5. Charles Brandon (Tudor times)
6. Mr. Ollivander (those Potter films)
7. Alison Bromley (think Vampires)
8. Jason Tanner (Beachy, but no bum)



SOLUTION: HENRY CAVILL IS 5., FREIDA PINTO IS 4., STEVE BYERS IS 8., JOHN HURT IS 6., LUKE EVANS IS 2., MICKEY ROURKE IS 1., KELLAN LUTZ IS 3., and ISABEL LUCAS IS 7.

STARTS EVERYWHERE NOVEMBER 11
IN THEATRES, real 3D, DIGITAL 3D AND 2D
RELATIVITY Facebook.com/AllianceFilms ImmortalsMovie.ca YouTube YouTube.com/AllianceFilms ALLIANCE

THESE PAGES COVER MOVIE START TIMES FROM FRI., NOV. 11 TO THURS., NOV. 17. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

HANDOUT

▶ Action-comedy Tower Heist stars Eddie Murphy and Ben Stiller.

WINNIPEG

Cinema City McGillivray
2190 McGillivray Blvd., 204-269-9981

30 Minutes or Less (14A) Fri-Thu 8:50
Abduction (14A) Fri-Thu 1:30-7:30
Captain America: The First Avenger (PG) Fri-Thu 4:40-10:15
Cars 2 3D (G) Fri 1:15-6:50 Sat-Thu 1-6:50
The Change-Up (14A) Fri-Thu 9:10
Conan the Barbarian (18A) Fri-Thu 2-4:35-7:40-10:35
Contagion (STC) Fri-Thu 2:10-4:50-8-10:30
Crazy, Stupid, Love. (PG) Fri 2:20-5-8:10-10:40 Sat-Thu 12:40-3:25-7:10:05
Dream House (14A) Fri-Thu 4:55-10:20
Harry Potter and the Deathly Hallows: Part 2: 3D (PG) Fri-Thu 3:50-9:30
Horrible Bosses (14A) Fri 1:55-7:10 Sat-Thu 1:15-7:10
Killer Elite (14A) Fri-Thu 4:25-9:50
The Lion King 3D (STC) Fri-Thu 1:40-4:10-6:30-9
Moneyball (PG) Fri-Thu 1:20-4:15-7:20-10:25
Rise of the Planet of the Apes (PG) Fri-Thu 1:50-7:50
The Smurfs (G) Fri 1:25-4:15-6:45 Sat-Thu 1:10-3:35-6:20
Spy Kids: All the Time in the World in 4D (STC) Fri 1:45-4-6:10 Sat-Thu 12:50-3:30-6:10
What's Your Number? (14A) Fri 1:35-4:05-6:40-9:20 Sat-Thu 1:05-3:40-6:40-9:20

Cinema City Northgate
1399 McPhillips Street, 204-334-6234

Abduction (14A) Fri 2:20-5-7:30-9:50 Sat-Sun 2-4:20-7-9:20 Mon-Thu 5:30-7:50
Conan the Barbarian (18A) Fri 1:40-4:50-7:40-10:10 Sat-Sun 1:50-4:50-7:30-9:50 Mon-Thu 5:40-8:20
Contagion (STC) Fri 1:50-4:20-6:50-9:20 Sat-Sun 1:10-4:40-7:20-10 Mon-Thu 5:10-8:10
Crazy, Stupid, Love. (PG) Fri 2-4:30-7:40-10 Sat-Sun 1-5-7:40-10:10 Mon-Thu 5-7:50
Dream House (14A) Fri 2:30-7:20-9:40 Mon-Thu 5:30-7:50
Killer Elite (14A) Fri 4:40-9:30 Sat-Sun 4:10-9:10 Mon-Thu 8
Moneyball (PG) Fri 1:20-4:10-7-9:50 Sat-Sun 12:50-3:50-6:40-9:30 Mon-Thu 4:50-7:40
RA. One (PG) Fri 9:10 Sat-Sun 9 Mon-Thu 7:30
The Smurfs (G) Fri 1:30-3:50-6:40 Sat-Sun 1:30-4-6:30 Mon-Thu 5
What's Your Number? (14A) Fri 2:10-4:40-7:10-9:40 Sat-Sun 1:20-4:30-7:10-9:40 Mon-Thu 5:20-7:50

Cinematheque
304-100 Arthur, 204-925-3457

Best of the Hot Docs Festival (STC) Fri 7 Sat-Sun 2-8
No Films Showing Today (STC) Mon-Tue
Project Nim (PG) Fri 9
The Upsetter: The Life and Music of Lee Scratch Perry (STC) Wed-Thu 7

City Cinema - Northgate
1399 McPhillips, 204-334-6234

Abduction (14A) Fri-Sat 2:20-5-7:30-9:50 Sun 2-4:20-7-9:20 Mon-Thu 5:30-7:50
Conan the Barbarian (18A) Fri-Sat 1:40-4:50-7:40-10:10 Sun 1:50-4:50-7:30-9:50 Mon-Thu 5:40-8:20
Contagion (STC) Fri-Sat 1:50-4:20-6:50-9:20 Sun 1:10-4:40-7:20-10 Mon-Thu 5:10-8:10
Crazy, Stupid, Love. (PG) Fri-Sat 2-4:30-7:40-10 Sun 1-5-7:40-10:10 Mon-Thu 5-7:50
Dream House (14A) Fri-Sat 2:30-7:20 Sun 1:35-6:50 Mon-Thu 5:50
Killer Elite (14A) Fri-Sat 4:40-9:30 Sun 4:10-9:10 Mon-Thu 8
Moneyball (PG) Fri-Sat 1:20-4:10-7-9:50 Sat-Sun 12:50-3:50-6:40-9:30 Mon-Thu 4:50-7:40
RA. One (PG) Fri-Sat 9:10 Sun 9 Mon-Thu 7:30
The Smurfs (G) Fri-Sat 1:30-3:50-6:40 Sun 1:30-4-6:30 Mon-Thu 5
What's Your Number? (14A) Fri-Sat 2:10-4:40-7:10-9:40 Sun 1:20-4:30-7:10-9:40 Mon-Thu 5:20-7:50

Famous Players Kildonan Place
1555 Regent Ave W, 204-663-2166

Immortals (18A) Fri-Sun 1:20-4:10-7-9:30 Mon-Thu 5:50-8:30
Jack and Jill (PG) No Passes Fri-Sun 1:50-4:20-6:50-9:20 No Passes Mon-Thu 5:40-8
Paranormal Activity 3 (14A) Fri-Sun 2-4:20-7:20-9:40 Mon-Thu 5:30-7:30
Puss in Boots (G) Fri-Sun 1:40-4-6:40-9 Mon-Thu 6-8:20
Tower Heist (PG) Fri-Sun 2-4:30-7:10-9:40 Mon-Thu 6:10-8:40
The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10
A Very Harold & Kumar Christmas (18A) Fri-Sun 1:30-3:40-6:30-8:50 Mon-Thu 5:30-7:50

Grant Park 8 Cinemas
1120 Grant Ave., 204-453-4084

Anonymous (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:20-4:15-7:10-10:05 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:15-7:10-10:05
The Ides of March (14A) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:45-4:20-7:15-9:40 Dolby Stereo Digital, Stadium Seating Mon-Wed 4:20-7:15-9:40 Dolby Stereo Digital, Stadium Seating Thu 4:20-7:15
In Time (PG) Dolby Stereo Digital, Stadium Seating Fri-Thu 7:20
J. Edgar (PG) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 1:10-4-7-10 Dolby Stereo Digital, Stadium Seating, No Passes Mon-Wed 4-7-10 Dolby Stereo Digital, Stadium Seating, No Passes Thu 4-10
Jack and Jill (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:35-4:30-7:25-10:15 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:30-7:25-10:15
Puss in Boots (G) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:30
Puss in Boots 3D (G) Dolby Stereo Digital, Stadium Seating Fri-Thu 3:40-6:30-9:20
The Rum Diary (14A) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:25-4:10-9:45 Dolby Stereo Digital, Stadium Seating Mon-Thu 4:10-9:45
Tower Heist (PG) Dolby Stereo Digital, Stadium Seating Fri-Sun 1:15-3:45-6:50-9:25 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:45-6:50-9:25
The Twilight Saga: Breaking Dawn Part 1 (STC) Dolby Stereo Digital, Stadium Seating, No Passes Thu 10
A Very Harold & Kumar 3D Christmas (18A) Dolby Stereo Digital, Stadium Seating, No Passes Fri-Sun 1:40-3:50-7:30-10:10 Dolby Stereo Digital, Stadium Seating Mon-Thu 3:50-7:30-10:10

IMAX Theatre at Portage Place
Y003-393 Portage Avenue, 204-956-4629

Listings not available at press time.

Landmark Globe Cinema
393 Portage Ave, 204-943-1583

Anonymous (PG) Fri 7:10-9:45 Sat-Sun 1:10-7:10-9:45 Mon-Thu 7:10-9:45
Billy Bishop Goes to War (PG) Fri 1:30-3:30 Sat-Sun 4
J. Edgar (PG) Fri-Sun 1-3:40-6:50-9:30 Mon-Thu 6:50-9:30
The Way (PG) Fri-Sun 1:20-3:45-7-9:40 Mon-Thu 7-9:40

Landmark Towne Cinema 8
301 Notre Dame Avenue, 204-947-2848

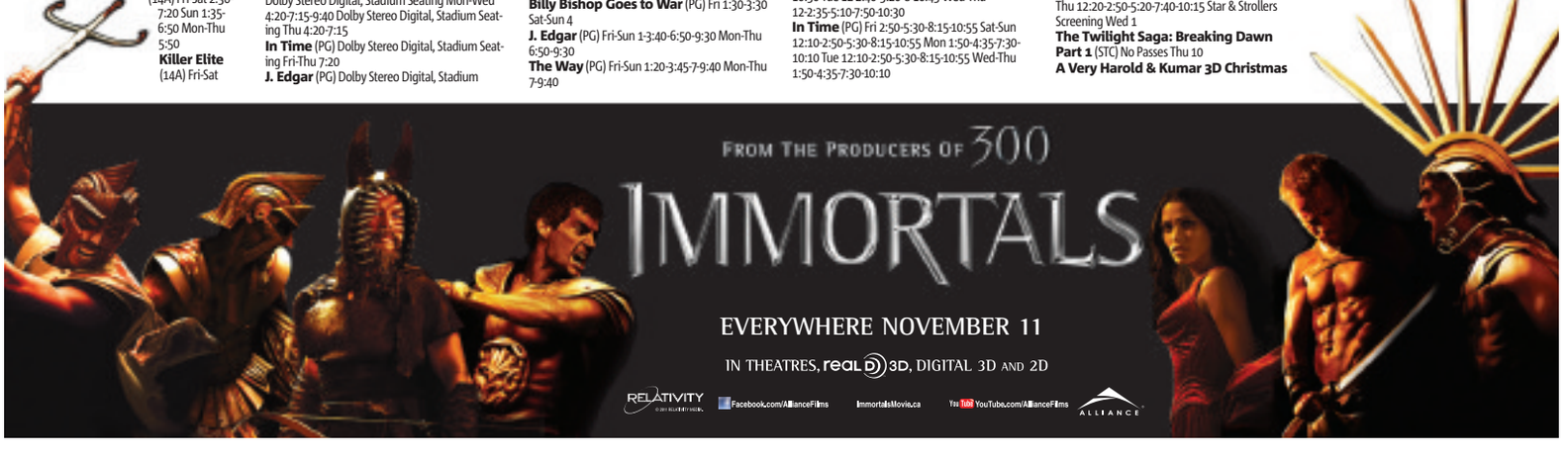
Immortals (18A) Fri-Sun 1:15-4-7-9:30 Mon-Thu 7-9:30
In Time (PG) Fri-Sun 1-3:45-6:45-9:20 Mon-Thu 6:45-9:20
Jack and Jill (PG) Fri-Sun 1-3:30-7-9:15 Mon-Thu 7-9:15
Paranormal Activity 3 (14A) Fri-Sun 1:15-3:30-7:15-9:30 Mon-Thu 7:15-9:30
Puss in Boots (G) Fri-Sun 1:30-3:45-7:15-9:20 Mon-Wed 7:15-9:20 Thu 7:15
Real Steel (PG) Fri-Sun 1-3:45-6:45-9:30 Mon-Thu 6:45-9:30
Tower Heist (PG) Fri-Sun 1:15-4-7-9:15 Mon-Thu 7-9:15
The Twilight Saga: Breaking Dawn Part 1 (STC) Thu 10
A Very Harold & Kumar Christmas (18A) Fri-Sun 1:30-3:30-7:15-9:30 Mon-Thu 7:15-9:30

SilverCity Polo Park
815 St. James Street, 204-774-1001

50/50 (14A) Fri-Sun 10:05 Mon 10:30 Tue 10:05 Wed 10:30 Thu 12:35-3:05-5:35-8:05-10 Fri 2:35-5:05-7:35 Sat 12:05-2:35-5:05-7:35 Sun 12:05-5:05-7:35 Mon 12:35-3:05-5:35-8:05 Tue 12:05-2:35-5:05-7:35 Wed 12:35-3:05-5:35-8:05
Footloose (PG) Fri-Sun 1:55-4:50-7:40-10:35 Mon 2:10-4:55-7:45-10:25 Tue 1:55-4:50-7:40-10:35 Wed-Thu 2:10-4:55-7:45-10:25
Immortals 3D (18A) Fri 2:40-5:20-8-10:45 Sat-Sun 12-2:40-5:20-8-10:45 Mon 12-2:35-5:10-7:50-10:30 Tue 12-2:40-5:20-8-10:45 Wed-Thu 12-2:35-5:10-7:50-10:30
In Time (PG) Fri 2:50-5:30-8:15-10:55 Sat-Sun 12:10-2:50-5:30-8:15-10:55 Mon 1:50-4:35-7:30-10:10 Tue 12:10-2:50-5:30-8:15-10:55 Wed-Thu 1:50-4:35-7:30-10:10
J. Edgar (PG) No Passes Fri 1:20-4:15-7:20-10:30 No Passes Sat-Sun 1:10-4:15-7:20-10:30 No Passes Mon 1:4:10-7:15-10:20 No Passes Tue 1:10-4:15-7:20-10:30 No Passes Wed 4:10-7:15-10:20 No Passes Thu 1:4:10-7:15-10:20 Star & Strollers Screening, No Passes Wed 1
Jack and Jill (PG) No Passes Fri 1:20-3:40-6:05-8:25-10:50 No Passes Sat 12:2:10-6:05-8:25-10:50 No Passes Sun 1:20-3:40-6:05-8:25-10:50 No Passes Mon 12:05-2:25-4:50-7:10-9:30 No Passes Tue 1:20-3:40-6:05-8:25-10:50 No Passes Wed-Thu 12:05-2:25-4:50-7:10-9:30
The Metropolitan Opera: Anna Bolena - Encore (STC) Sat 11:55
Paranormal Activity 3 (14A) Fri 2:10-4:20-6:30-8:45-11 Sat-Sun 12:2:10-4:20-6:30-8:45-11 Mon 1:30-3:40-5:50-8:10:15 Tue 12:2:10-4:20-6:30-8:45-11 Wed-Thu 1:30-3:40-5:50-8-10:15
A Park for All Seasons (STC) Sun 3
Puss in Boots (G) Fri 2-4:30 Sat-Thu 1:30-4
Puss in Boots 3D (G) Fri 1:20-3:35-5:55-8:15-10:40 Sat-Sun 1:15-3:35-5:55-8:15-10:40 Mon 12:40-3-5:20-7:35-10:10 Tue 1:15-3:35-5:55-8:15-10:40 Wed-Thu 12:40-3-5:20-7:35-10:10
Puss in Boots: An IMAX 3D Experience (G) Fri 2:20-4:40-7-9:20 Sat-Thu 12-2:20-4:40-7-9:20
Real Steel (PG) Fri 1:30-4:25-7:15-10:10 Sat 4:20-7:15-10:10 Sun 1-4:10-7:15-10:10 Mon 1:10-4:7:05-9:55 Tue 1-4:10-7:15-10:10 Wed-Thu 1:10-4:7:05-9:55
The Rum Diary (14A) Fri-Sun 7:30-10:25 Mon 7:20-10:05 Tue 7:30-10:25 Wed 10:05 Thu 10:30
The Three Musketeers 3D (PG) Fri 3-5:40-8:20-11 Sat-Sun 12:15-3-5:40-8:20-11 Mon 2-4:45-7:25-10:05 Tue 12:15-3-5:40-8:20-11 Wed 2-4:45-7:25-10 Thu 1-3:45-6:30
Tower Heist (PG) Fri 2:45-5:20-7:55-10:40 Sat 12:10-2:45-5:20-7:55-10:40 Sun 12:10-2:35-5:20-7:55-10:40 Mon 12:20-2:50-5:20-7:40-10:15 Tue 12:10-2:45-5:20-7:55-10:40 Wed 4:30-7:40-10:15 Thu 12:20-2:50-5:20-7:40-10:15 Star & Strollers Screening Wed 1
The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10
A Very Harold & Kumar 3D Christmas (18A) Fri-Sun 1:30-3:50-6:10-8:30-10:55 Mon 1:05-3:20-5:50-8:05-10:25 Tue 1:30-3:50-6:10-8:30-10:55 Wed-Thu 1:05-3:20-5:50-8:05-10:25

SilverCity St. Vital
110-1225 St Mary's Rd, 204-256-3901

Footloose (PG) Fri 1:20-4-6:40-9:30 Sat-Mon 1:10-4-6:40-9:30 Tue-Wed 4-6:40-9:30 Thu 4-6:40
Immortals 3D (18A) Fri 1:50-4:30-7:40-10:20 Sat-Mon 1:20-4:50-7:40-10:20 Tue-Thu 4:50-7:40-10:20
In Time (PG) Fri-Mon 1:30-4:40-7:30-10:10 Tue-Thu 4:40-7:30-10:10
J. Edgar (PG) No Passes Fri 1:20-4:20-7:20-10:20 No Passes Sat-Mon 12:50-4:20-7:20-10:20 No Passes Tue-Thu 4:20-7:20-10:20
Jack and Jill (PG) No Passes Fri 2-5-7:30-10 No Passes Sat-Mon 1:50-5-7:30-10 No Passes Tue-Thu 5-7:30-10 Star & Strollers Screening, No Passes Thu 1
Paranormal Activity 3 (14A) Fri-Mon 1:50-4:10-7-9:20 Tue-Thu 4:10-7-9:20
Puss in Boots (G) Fri-Mon 1:40-4 Tue-Thu 4 Star & Strollers Screening Thu 1
Puss in Boots 3D (G) Fri 2:10-5:30-7:50-10:10 Sat-Mon 12:50-3:10-5:30-7:50-10:10 Tue-Thu 5:30-7:50-10:10
The Rum Diary (14A) Fri-Wed 6:30-9:20 Thu 6:30
Tower Heist (PG) Fri 1:30-4:10-6:50-9:40 Sat-Mon 1-4:10-6:50-9:40 Tue-Thu 4:10-6:50-9:40
The Twilight Saga: Breaking Dawn Part 1 (STC) No Passes Thu 10
A Very Harold & Kumar Christmas (18A) Fri 1:40-4:30-7:10-9:50 Sat-Mon 2-4:30-7:10-9:50 Tue-Thu 4:30-7:10-9:50



Landing in here and now

Sarah Slean's new album, Land & Sea, aiming to balance ying and yang

BACKSTAGE PASS

JARED STORY
METRO WINNIPEG

Go with the flow. Sarah Slean's latest offering — a double album titled Land & Sea — is an incredibly ambitious project, but a completely organic one at that.

"It wasn't a decision to take on something big; it was just the way the music came out," says the 34 year old Toronto-based singer-songwriter. "After touring The Baroness in 2008, I had a sense of closure. I felt like the themes I had been singing about the last eight years just kind of finished themselves. In 2009 I had an incredible year of new beginnings. I fell in love and got married, I finished school, I went to Africa, I toured with a classical ensemble called The Art of Time, I did all sorts of things I never saw myself doing. It was a real shift in me and that inspired all kinds of music. It just came out of me like a geyser."

"Joel's marvellously energetic and just a really excellent at picking the pop hook." SARAH SLEAN

CONTRIBUTED

▶ Oha

Released in September on T.O. indie label Pheromone Recordings, Land & Sea contains two distinct, but completely related albums.

"Land is a celebration of being here in the now," Slean says. "You're in a particular body, you have a name, a history and whole wallet full of statistics. The Sea songs aren't so much concerned with the temporal finite plane, but more so the force of life itself, which is an eternal thing. I couldn't envision releasing these albums separately. I feel in contrast they give each other meaning. It's the yin and the yang. One exists because of the other."

Land & Sea isn't just a lyrical concept. On Sea, Slean delves deep, utilizing a 21-piece orchestra to create a cerebral cosmic ballet, while Land is much more in the moment, a pop album produced by Nova Scotia rocker Joel Plaskett.

"Joel's marvellously energetic and just a really excellent at picking the pop hook, going with his intuition and catching energy," Slean says. "That was great for me because I tend to always brain things into being. Land is about being in a body. You have to play the music through your body, not your brain. You have to feel it with your legs and your gut and Joel really encouraged that."

Slean shares Land & Sea tonight at the West End Cultural Centre. Tickets are $28.50 at WECC, Music Trader, Winnipeg Folk Festival Music Store and Ticketmaster or $32 at the door. Showtime is 8 pm.

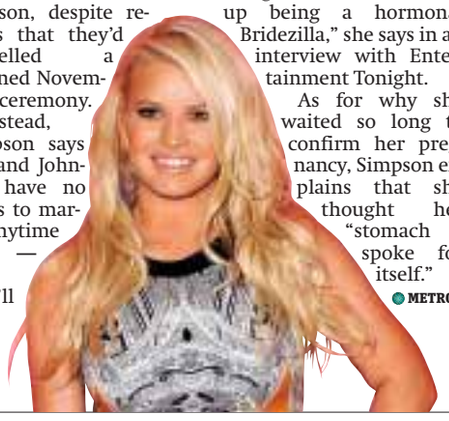
Simpson keeps on backtracking

Jessica Simpson insists that there was never any wedding date set in stone for her and fiancé Eric Johnson, despite reports that they'd cancelled a planned November ceremony.

Instead, Simpson says she and Johnson have no plans to marry anytime soon — and they'll at least be waiting until after she gives birth, as she wants to wait until "everything is over so I don't end up being a hormonal Bridezilla," she says in an interview with Entertainment Tonight.

As for why she waited so long to confirm her pregnancy, Simpson explains that she thought her "stomach spoke for itself."

METRO



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3 life

Style Pick

KANE DOES DENIM

Christopher Kane's new capsule collection for J Brand has a refreshingly new angle to it: He designed the neon bright denim to complement his resort collection. It's an interesting strategy and one that maybe the H&Ms of the world should explore as well. KENYA HUNT

New Canadian Olympic apparel channels retro style and the great outdoors.

The school girl goes to work

Revisit school uniform staples, such as the necktie, A-line skirt and classic satchel, to build a retro look for work the same way this stylish Londoner did here

MICHELLE BOBB-PARRIS

Remix her style

▶ Name: Amy Marks
▶ Spotted: London

KENYA HUNT
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1

2

3

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Getting benched ain't so bad

Grace Bonney tells us how to turn a flea market find into a life-saving storage unit for your home

Cost: $40
Time: 2 hours
Difficulty:

DIY IDEAS

JOHNNY MILLER

▶ Find this surprisingly easy project and more in Bonney's book Design Sponge at Home.

Rolling storage bench

1 Flip your box upside down and attach casters to the four corners. Use screws that are short enough that they don't come through to the interior of the box.

2 Flip the box upright and measure from edge to edge for your box top. Cut your plywood box top to fit, and sand the edges.

3 Lay your foam on the floor and place the box lid on top. Trace around the edges of the plywood lid and cut the foam to size with a utility knife or electric knife.

4 Repeat step 3 with the batting, leaving a three-inch border of batting on all sides so you can pull it over the foam and staple it to the back of the plywood lid. Repeat the process with your fabric.

5 With the fabric facedown on the floor, centre the batting and then the foam on top. Place the wooden lid on top of these three layers and pull the batting and fabric over the edges of the lid, using a staple gun to secure them. Work your way around the edges of the lid, pulling the fabric taut and stapling as you go.

6 Once you've finished stapling, cut off any excess fabric. If you want a more polished look for the underside of the box lid, cut a piece of fabric one inch smaller (on all sides) than the lid and staple this in place.

7 If you have children, or would like to ensure that your lid is secure, you can install safety hinges, which will keep the top from sliding or slamming down on small fingers.

Materials:

- Old box (try thrift stores, craigslist, flea markets, and eBay for similar versions)
- Casters and mounting
- screws
- Screwdriver
- Measuring tape or ruler
- Sturdy, midweight plywood (for your lid)
- Saw (if you choose to cut your own lid)
- Sandpaper
- Foam (use two-inch foam at least, to create a comfy seat)
- Box cutter or electric knife
- Batting
- Scissors
- Fabric
- Staple gun and staples
- Hinges (optional)

Down under's most delicious

PETER ROCKWELL
LIQUIDASSETS@EASTLINK.CA
TWITTER: @THEREALWINEGUY

Arguably the biggest name in Australia's wine industry is Peter Gago. Gago is chief winemaker at Australia's Penfolds and the current "custodian" of Down Under's most prestigious red wine: Grange.

I had a chance to hang out with Gago a few weeks ago and tasted a selection of Grange from some of the wine's most stellar vintages. While that was a once in a lifetime experience, drinking Penfolds' wines doesn't mean taking out a second mortgage.

The 2009 Koonunga Hill Shiraz Cabernet ($15.49 - $16.99) is a nice mix of lightly peppered fruit swirled together with some forward blackberry goodness that holds up as a by-the-glasser. **PRICES REFLECT THE RANGE ACROSS CANADA. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.**

Yellow Tomato & Herb Farfalle wows

PRESIDENT'S CHOICE BLACK LABEL

▶ This recipe serves six.

Ingredients:

- 4 cups (1 L) PC black label Farfalle Pasta
- 2 tbsp (25 mL) olive oil
- ¼ cup (50 mL) chopped shallots
- 2 tsp (10 mL) garlic
- ¼ tsp (1 mL) hot pepper flakes
- 1 can (400 mL) PC black label Whole Yellow Tomatoes, chopped
- ¼ cup (50 mL) sfresh basil
- 2 tbsp (25 mL) each chopped fresh Italian parsley and tarragon
- 1 tsp (5 mL) sea salt
- ¼ tsp (1 mL) black pepper
- 1/3 cup (75 mL) crumbled PC Soft Unripened Goat's Milk Cheese

Preparation:

1 In a saucepan, cook pasta 7-9 mins or until tender but firm. Drain.

2 In frying pan, heat oil over medium heat; cook shallots, minced garlic and hot pepper flakes 2-3 mins. Stir in Whole Yellow Tomatoes and juices, basil, parsley, tarragon, salt and pepper. Bring to a simmer; cook 2-3 mins.

3 Add drained pasta to sauce; stir to combine. Transfer to serving bowl; sprinkle with cheese and serve. **PRESIDENT'S CHOICE BLACK LABEL**

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PROTECT YOUR VISION

MISUSE OF HAND-HELD DEVICES, LAPTOPS CAN STRAIN EYES: EXPERTS

Some people say the eye is the most precious organ. That makes it all the more important to preserve and protect your vision throughout life, from infancy to old age.

But misuse of today's growing array of hand-held and laptop gadgets can strain the eyes, making it difficult to maintain vision health.

One of the biggest problems, says Samuel N. Markowitz, a Toronto ophthalmologist, is using these devices in sub-optimal viewing conditions. For example, people sit in bed shining a tiny bright light on their iPad, or use their BlackBerry in dark subways.

In an office environment, the overhead lighting shouldn't be "stark," says Joe Chan, a Mississauga optometrist. "Fluorescent lighting can bother the eyes." Instead, use a desk lamp with an adjustable arm that focuses diffused light on what you are working on.

Chan recommends keeping the computer screen "a good arm's length away" from your eyes and at a downward angle. As well, he suggests the "20-20" rule: Looking at something about 20 feet away from the screen every 20 minutes or so to give your eyes a rest. "When you stare at the screen, you don't blink," he says. "Your eyes try to compensate by watering, and this dries them out and can damage the surface of the eye."

ISTOCKPHOTO/THINKSTOCK

Years of eye strain can start to interfere with vision as people reach the age of 30 or 35, says Markowitz. Your specialist can check for eye problems, including presbyopia, age-related loss in flexibility of the eye's lens, and hyperopia, or far-sightedness, which can be corrected with prescription eyewear.

A common cause of eye problems is not taking proper care of contact lenses, which have become extremely popular. "I think it's part of human nature to try and cut corners," and not clean and soak lenses diligently, says Chan. Improper care can lead to a buildup of protein on the surface of the eye.

And don't ever leave your contact lenses in overnight, say both Chan and Markowitz.

– Pauline Anderson

ENJOY GIFT OF CLEAR SIGHT WITH LASIK

Thinking of treating yourself this Christmas? There's no better time to consider the gift of clear vision with laser vision correction.

LASIK is a safe and effective alternative to glasses and contacts as evidenced by its 20-year track record. Over that time, more than 35 million LASIK procedures have been performed around the world. The LASIK procedure corrects common refractive errors such as nearsightedness (myopia), far-sightedness (hyperopia) and astigmatism (irregular curvature of the cornea).

"The surgery is painless and quick, taking less than 10 minutes of operating room time," said Dr. Mark Cohen, co-founder and national medical director of LASIK MD, Canada's only national laser vision correction provider. "The procedure is characterized by short recovery times, as most patients are able to return to work the following day with dramatically improved vision."

LASIK has minimal side-effects, and most are temporary or easily treatable. The few reports of glare and halos at night that some patients used to complain about have all but disappeared thanks to technological advances.

You may be a good candidate for laser eye surgery even if your prescription isn't stable. Past prescription changes are not a good predictor of future changes and do not help deliver more predictable or safer results.

Another misconception is that the surgery is an unaffordable luxury. When you consider the annual costs of glasses, contact lenses and solutions, you will likely find that LASIK is more economical in the long term.

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LOOKING AT DIGITAL TECHNOLOGY

SPECIALISTS ABLE TO DIAGNOSE EYE CONDITIONS WITH NEW TOOLS

ONTARIO ASSOCIATION OF OPTOMETRISTS

More and more, eye specialists use digital technology to diagnose eye conditions at an earlier stage, and to monitor their progress, says optometrist Joe Chan.

For example, this technology makes it easier to detect nerve damage at the back of the eye, which is a hallmark of glaucoma. "You can tell if there's a loss of nerve tissue down to the nanometer," Chan says.

Digital technology is also used to make progressive lenses (the ones with no discernable line between distance and close up) that minimize distortion. Computerized equipment customizes lenses by grinding them to the exact shape required, factoring in parameters such as where the lens sits on the face and the size of the frames.

"Digital technology has been able to widen the usable area for reading and for distance," says Chan, adding that you are less likely to have peripheral distortion with a lens that was manufactured using digital technology.

For eyeglasses, the protective coating on the lenses is constantly changing, says Samuel N. Markowitz, a Toronto ophthalmologist.

"There are new materials, new features, that correct the glare or improve the contrast all the time, and they're being improved every year."

While disposable contact lenses have been on the market for some time, they are becoming increasingly popular because of their convenience, says Chan.

Down the road, contact lenses may be used to help treat eye disorders. The idea is to have them slowly emit medications — for example, antibacterials for infections and antihistamines for allergies — right onto the eye. They would be ideal for older patients with, say, glaucoma, who have difficulty putting drops in their eyes. These contacts, says Chan, "are on the books" but not yet on the market.

– Pauline Anderson

Did you know?

You may think you can see fine but, 1 in 7 Canadians will develop a serious eye disorder.

Conditions such as Diabetes, Glaucoma, Cataracts, Macular Degeneration and Hypertension can be identified in a routine eye exam.

Parents should arrange a complete eye exam for their children before the age of 3 and before school starts.

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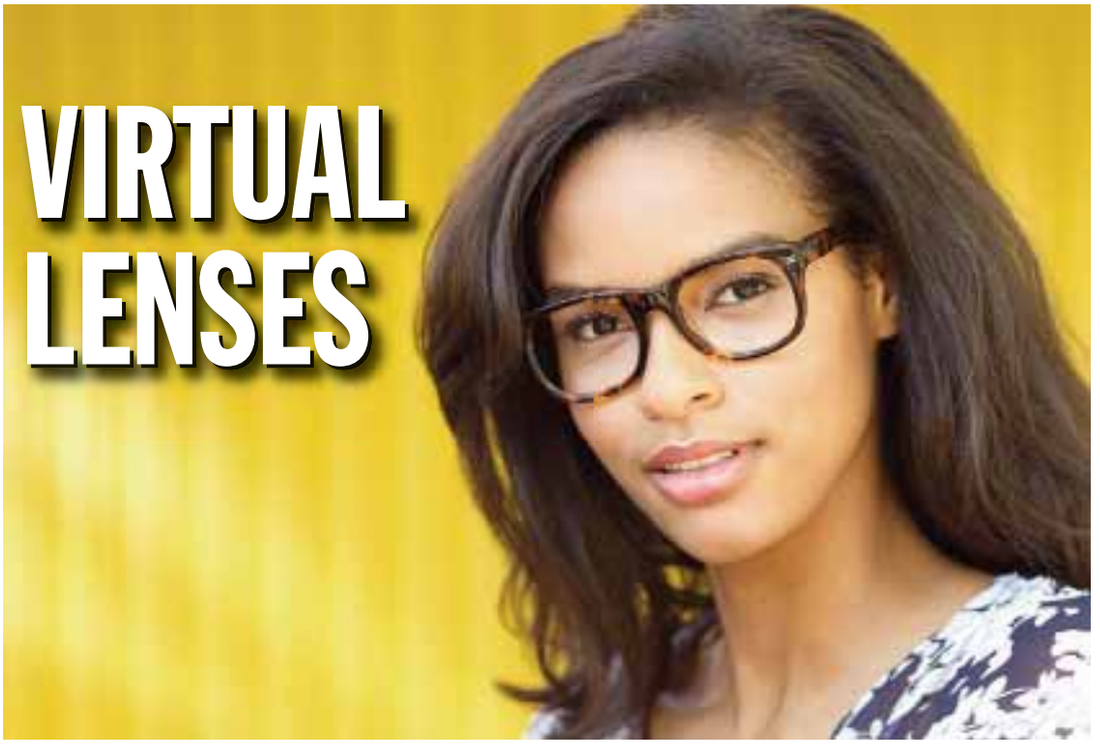

Alana Jestadt, 28, a manager of a Toronto spa specializing in natural products, has been wearing glasses and contact lenses since she was a teenager. Tired of paying out of pocket for her prescriptions, and with limited resources, she started to explore online options.

She learned that by eliminating the costs and markups that go into running and staffing a retail outlet, online companies can save her a bundle — up to 70 per cent — and she can still get a beautiful pair of designer glasses.

Buying online is not only less expensive, but more convenient than coping with crowds and long waits for in-store service.

And it's an easy process. After getting an updated prescription for glasses or contact lenses from a trusted eye care professional, "just head to our site and browse for your perfect pair of frames," says Erin Taylor-Mitchell, executive editor, ClearlyContacts.ca, an online Vancouver-based optical store. "You can narrow your search based on size, brand, price, shape and colour. Once you've found your favourite frames, simply enter your prescription, choose your lens, and check out."

The site helps customers choose the most suitable frames, and for someone like Jestadt in the beauty and service industry, this is a real plus. She loves using the ClearlyContacts.ca "virtual mirror" and getting her friends to comment on how each pair looks after sending them an online photo. She also enjoys using another tool that helps her find the glasses that best complement her unique face and features.

Jestadt also appreciates the fast door-to-door service. "Our goal is to get your glasses to you in less than five business days, but have been known to surprise people with next-day delivery," says Taylor-Mitchell. She adds that free shipping is also currently available for orders over $99.

And if Jestadt changes her mind? The company has a 365-day return policy and even pays return shipping.

– Pauline Anderson

CHANGING VIEWS

Most of us have access to corrective eyewear that allows us to clearly see the beautiful world around us. But not everyone is so lucky. Some 560 million people in this country and around the world have vision problems and, for them, buying eyeglasses is simply a pipe dream.

ClearlyContacts.ca founder Roger Hardy has stepped in to change that. Last year, he started a charity project called Change the View. To date, his company has donated thousands of pairs of glasses to needy people throughout Canada, the United States, and as far away as West Africa, Kenya, New Delhi, Haiti, Honduras and Panama.

"We believe that everyone has the right to clear vision and we want to help make this right a reality," explains Hardy.

"Poor vision can lead to injuries that are preventable, limited learning capability for kids in school, and loss of employment. Being able to see clearly results in increased earning potential and improved quality of life."

Every time you buy frames from participating designers, a second pair — the frames as well as prescription — is donated to someone in need.

FASHION STATEMENT

From runways and big screens to classrooms and boardrooms across the country, glasses today are more of a fashion statement than ever before. Celebrities help shape what's hot in eyewear; think Justin Timberlake's big and bold square glasses, or Tina Fey's sleek and refined oval-shaped specs.

Once merely functional, eyeglasses are now a fashion staple. "Glasses have transformed from being a needed medical device to a wanted fashion accessory that can totally transform your outfit," says Erin Taylor-Mitchell of ClearlyContacts.ca. "The fact that people purchase frames with non-prescription lenses just so they can rock the latest geek chic style is a perfect example of this."

This geek chic look combines vintage shapes like oversized square frames with retro colours such as rich tortoise shell, says Taylor-Mitchell. Another big trend today is vintage style frames, thanks to the popularity of TV shows such as Mad Men and Pan Am.

And watch out for frames in loud colours like lime green and bright orange, as well as novel hues such as burgundies and purples.

There are also leopard skin and other bold prints and patterns to choose from.

Having multiple pairs of glasses to match different outfits is also the rage. "Just recently, we asked our customers how many pairs of glasses they owned and were impressed to see collections ranging from three pairs to over 15 different pairs," says Taylor-Mitchell. "With glasses now being affordable, our customers are able to change up their look depending on the occasion. What woman wouldn't love to have a pair of glasses to match each of her pairs of shoes?"

The optical market has expanded to accommodate the growing demand for glasses that express one's personality. "We believe that glasses are an extension of who you are," says Taylor-Mitchell. "Glasses are the first thing people see, which is why it's so important to live your style and personality through them."

CLEARLY CANADIAN

While working for a contact lens manufacturer, Roger Hardy discovered that optical stores significantly mark up prices for contact lenses and eyeglasses. Recognizing an opportunity to better serve customers, he founded ClearlyContacts.ca in 2000.

Since then, the Vancouver-based company has become the largest online optical store in Canada, with sales of glasses growing by a whopping 100 per cent every year. Analysts expect company revenues to exceed $180 million in 2011.

To date, ClearlyContacts.ca has sold more than one million pairs of eyeglasses. More than three million customers can choose from a selection of more than 1,500 designer styles that constantly changes.

All the company's glasses are manufactured in Canada by a talented team that uses the highest quality materials. And the products are delivered right to your door — at home or the office.

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MORE THAN JUST A NUISANCE

ITCHY, STINGY EYES COULD BE DRY EYE DISEASE

STOCKBYTE/THINKSTOCK

They say the eyes are the gateway to the soul. They hold emotion, help us navigate our environment and are vital in our everyday. But, for many Canadians, dry eyes can be the source of a lot of discomfort and a reduced enjoyment of life.

Have you ever experienced itchy, stinging, or painful eyes?

These symptoms could be more than just a nuisance; they may be the result of Dry Eye disease. Dry Eye disease is a condition where the eyes do not produce the right quantity or quality of tears.

However, the effect of chronic Dry Eye disease is more than just a lack of tears and moisture. It can leave people at risk for more serious problems, including impaired vision and an increased risk of eye infection, and seriously affect their quality of life.

Symptoms of Dry Eye can vary greatly from one person to the next, often fluctuating throughout the day, usually becoming worse later in the day. The severity of the symptoms can also range.

If you are experiencing any of these symptoms and feel they are beginning to affect you quality of life, an eye care professional (ophthalmologist or optometrist) can check for the signs and symptoms of Dry Eye using several quick and painless tests to measure visual clarity, tear production, ocular surface dryness and damage to the cornea or conjunctiva (the membrane that lines the eyelids).

To learn more about Dry Eye disease, speak with your eye care professional or visit nomoredryeye.ca.

– News Canada

FOR YOUR EYES ONLY

CLIENTS ARE A TOP PRIORITY AT GRIMARD OPTICAL

Grimard Optical's eye care specialists take great pride in focusing on the vision-related needs of their clientele.

"Our clients' eye health is our top priority," says licensed optician and contact lens fitter Kristin Kliewer.

"Having optometrist Dr. Robert Kashin here helps us achieve that goal."

Grimard Optical's eyewear collection has recently grown, thanks to expanded existing collections as well as the introduction of new ones.

New lines include polarized, limited-distribution Maui Jim sunglasses.

"It's important to wear polarized sunglasses in the winter as well as during the rest of the year," says Kliewer, adding that they help reduce glare from snow and icy roads.

Extended lines from J.F. Rey and Boz mean customers can choose from a broader selection of both adult and children's frames.

Grimard Optical is pleased to have recently become one of the few Winnipeg retailers featuring the avant-garde, Swiss-made TAG Heuer frames, which are primarily geared toward men.

Clients should also be aware that Grimard Optical's current promotion offering $75 off Silhouette frames has been extended, so drop by to take advantage of the incredible savings while it lasts.

Grimard Optical is located at 100-330 St. Mary Ave., and is open from 9 a.m. to 5 p.m., Monday through Friday.

For more information about Grimard Optical, call 204-947-0344, visit grimardoptical.ca or facebook.com/grimardoptical.

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- One licensed optician and contact lens fitter.
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Bomber makes award case

Veteran led league with eight interceptions, including two he took back for touchdowns

Jovon Johnson thinks it would be the right move if he became the first defensive back in CFL history to win the most outstanding defensive player award.

The Winnipeg Blue Bombers cornerback was named the East Division finalist Wednesday while linebacker Jerrell Freeman of the Saskatchewan Roughriders earned the West nod.

"One thing that you can't deny is that I've had an interception at every spot in the secondary this season. That's very rare," "I've been the guy when we needed a guy to move to different spots, I've been that guy.

"And I've done everything that my team asked me and been successful at it, so that's the reason why I feel I should win the award."

Johnson, 28, has been quite versatile this season. He has played cornerback, halfback and even filled in at safety last week against Calgary when starter Ian Logan was sidelined with an emergency appendectomy.

The five-year veteran had eight interceptions and notched 55 tackles and five pass knockdowns.

Freeman recorded a league-high 105 defensive tackles in his third season, as well as six quarterback sacks, four forced fumbles and three interceptions.

When asked why he thought no defensive back has ever picked up the award, the native of Erie, Pa., said it might come down to respect for the position.

"They always overlook the fact that the defensive backs are the ones that cover guys and get sacks for the defensive front," he said. "It all works hand in hand, but you know, we accept it and we just roll with it."

Johnson, who was also his team's nominee for the outstanding player and top special-teams player awards, predicted a close vote because Freeman also had a great season.

"It's 50-50," he said. "Considering the success of our team, I feel like I should get the nod, but he had a tremendous year.

"He definitely played well and we'll see what happens, but when you're the last-place team (like Saskatchewan was), your defence is on the field a lot."

DARRYL DYCK/THE CANADIAN PRESS

▶ Jovon Johnson is the East Division finalist for the CFL's most outstanding defensive player award.

"I've had an interception at every spot in the secondary this season. That's very rare." JOVON JOHNSON ON WHY HE SHOULD BE NAMED CFL'S MOST OUTSTANDING DEFENSIVE PLAYER

The last time a Bomber was a finalist for the league award was in 2008, when defensive tackle Doug Brown was runner-up to B.C.'s Cameron Wake. Linebacker Greg Battle was the last Bomber to win the defensive player award in 1991 and 1990.

Winnipeg halfback Jonathan Hefney was also up for his team's yearly awards, but any disappointment he felt was replaced by support for Johnson. He said he hopes the Bombers win the East Final on Nov. 20 so the team can be at the Nov. 24 awards night to cheer Johnson for his win.

"He's an explosive player," Hefney said. "He's a big play waiting to happen.

"Hopefully, they won't do him wrong and he should get the nod to win it."

Hefney also acknowledged Freeman had a good season, but said Johnson has made more of an impact.

"It's tackles versus interceptions," Hefney said. "I think interceptions make more plays than tackles.

THE CANADIAN PRESS

4 sports

Quoted

"This is a tragedy. It is one of the great sorrows of my life. With the benefit of hindsight, I wish I had done more."

JOE PATERNO. THE PENN STATE FOOTBALL COACH WHO PREACHED SUCCESS WITH HONOUR FOR HALF A CENTURY BUT WHOSE LEGEND WAS SHATTERED BY A CHILD SEX ABUSE SCANDAL INVOLVING A FORMER ASSISTANT, SAID HE WOULD RETIRE AT THE END OF THIS SEASON BUT LAST NIGHT WAS FIRED BY SCHOOL TRUSTEES.

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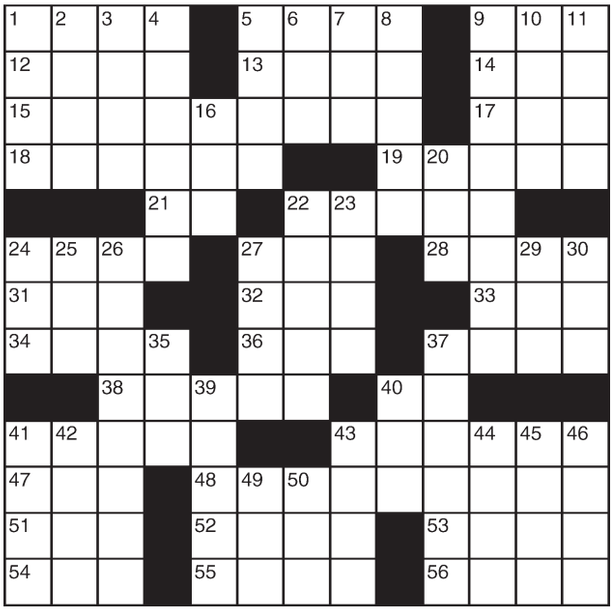

Across

1 Hardly hirsute
5 Teeny bit
9 Frat-party item
12 Reed instrument
13 Unembellished
14 A Gabor sister
15 Prop in a Gidget movie
17 Shrill bark
18 Takes the helm
19 Saunter
21 Opposite of 30-Down
22 Crooner Iglesias
24 Not barefoot
27 Anderson's "High —"
28 Frilly
31 Debtor's letters
32 Towel designation
33 Fish eggs
34 Legend
36 "Characters Welcome" network
37 Probability
38 Pop
40 Hairstyle
41 Boston newspaper
43 Plant of the mint family
47 Grazing area
48 Pub target
51 Listener
52 Notion
53 Pleased
54 Conclusion
55 Under the influence
56 Longings

Down

1 Employer
2 Touch
3 Traditional tales
4 Protect
5 Biblical prophet
6 Afternoon social
7 Bobby of hockey
8 Hero's reward
9 QWERTY, for one
10 Satanic
11 Stare stupidly
16 Chum
20 Wire measure
22 Beam supporting a ceiling
23 — Major
24 Alastair who played Scrooge
25 Today, in Tijuana
26 Motorboat feature
27 So
29 Massachusetts cape
30 Opposite of 21-Across
35 Center
37 Study of eggs
39 Made over
40 Slight touch
41 Jane Lynch's show
42 Tilt
43 Remain
44 Crooner Jerry
45 Persia, now
46 Tosses in
49 Big bother
50 Agt.

▶ Yesterday's answer

F	L	A	K		S	U	M		P	H	E	W
L	A	V	A		M	R	I		R	A	R	E
O	V	E	R	H	A	N	D		A	N	N	A
P	E	R	M	I	T		S	N	I	D	E	R
			A	N	T		T	Y	R	O		
A	S	H		T	E	A		C	I	V	I	C
P	E	A	R		R	U	G		E	E	L	S
P	A	N	E	L		K	O	D		R	O	I
		G	E	E	S		D	E	W			
P	R	O	F	I	T		L	E	A	G	U	E
L	O	V	E		O	V	E	R	H	A	N	G
U	S	E	R		W	A	S		O	L	I	O
M	A	R	S		E	N	S		O	A	T	S

Sudoku

5		9	3				1	6
				2	9			
					1		4	3
		4					3	5
8	3					1		
2	5		6					
			8	5				
9	8				2	4		7

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ▶

2	8	9	4	3	6	5	1	7
1	3	4	7	9	5	2	6	8
7	5	6	2	8	1	4	3	9
3	4	7	5	6	9	1	8	2
6	2	5	1	7	8	9	4	3
9	1	8	3	4	2	7	5	6
8	6	2	9	5	4	3	7	1
4	9	3	8	1	7	6	2	5
5	7	1	6	2	3	8	9	4

Send a KISS

You can now post your kiss, and read even more kisses, online at metronews.ca/kiss.

Jamaican luver, I pretend not to like u cause i dont want to be hurt, althought i have a bf my feelings for you is still the same, why cant u see it. **UR JAMAICAN QUEEN**

Eustace, To my best friend and Travel buddy forever, I hope this makes it out in print since framing this would be great. This year is 11-11-11 for you not only is the date, great. You were even born at 11:11am, now that's fate. I love u always & what didn't break us this yr only made us stronger. WTCBFF love you. **DANNY**

hubbie, i love, love,love you... you are so annoying yet so incredibly wonderful, pick a side and stick to it, till then i still love being you wife, don`t mind the frequent complaints..lol, c weekend, mo et toi:) let`s makeee a babyyyyy **ON DIT KOI ;)**

A look at the weather

TODAY	FRIDAY	SATURDAY
Min -5°	Min -1°	Min -3°
Max 0°	Max 2°	Max 7°

Jenna Khan, Weather Specialist
"Weather impacts everything we do. Providing the information you need before you head out that door and take on the day is the best part of my morning." **WEEKDAYS 5:30 AM**

BREAKFAST TELEVISION

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20 A clash over money is likely today but it can be quite easily resolved.

♉ Taurus April 21-May 21 No matter what others might have said or done in recent weeks, you must forgive, forget and move on.

♊ Gemini May 22-June 21 Today's full moon may lead to a few moments of doubt but tomorrow your confidence will soar.

♋ Cancer June 22-July 22 Do something people will remember you for long after you are gone. Just make sure it is something they remember you for with a smile.

♌ Leo July 23-Aug.23 You are going to have to face and overcome a major obstacle. Look at it from a positive perspective.

♍ Virgo Aug. 24- Sept. 22 Don't take anything you see or hear at face value today because the full moon has a tendency to warp.

♎ Libra Sept. 23-Oct. 23 With today's full moon cutting across the money axis of your chart, someone may try to cheat you.

♏ Scorpio Oct. 24-Nov. 22 You'd be wise to take people's views into account before you do things that may change their lives.

♐ Sagittarius Nov. 23-Dec. 21 The full moon is playing havoc with your emotions. By this time tomorrow you'll be back to normal.

♑ Capricorn Dec. 22-Jan. 20 Certain facts and figures don't add up and you're starting to wonder if someone has been misleading you.

♒ Aquarius Jan. 21-Feb. 18 You are intensely ambitious but if you come on too strong, authority figures may turn against you.

♓ Pisces Feb. 19-March 20. If you pick a fight today, it is you who will come out of it the worse for wear. **SALLY BROMPTON**

Caption contest

MATTHIAS SCHRADER/ THE ASSOCIATED PRESS

BRET HARMAN/ THE ASSOCIATED PRESS

WIN! You write it!

Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

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